

Helpful Tips for Staying Healthy

1. Frequent hand washing is the BEST way to prevent and combat the spread of germs. Wash hands often with soap and water for 20 seconds.
2. Avoid touching eyes, nose and mouth.
3. If your son/daughter has any signs and symptoms of illness, please keep them home.
4. Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.
5. Do not share drinks, food, or unwashed utensils.
6. Get plenty of rest, eat healthy foods, and drink lots of water.
7. Avoid people who are sick and stay home when you are sick.
8. Disinfect surfaces that are prone to germs (ex. phones, keyboards, door knobs, television remotes, toys).