

Staying Healthy Every Day

When both grown-ups and children practice some simple, everyday actions, it helps lead to staying healthy and keeping germs away. This is especially important during flu season. Try these simple tips during your everyday routines to help keep the whole family healthy and strong.

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Wash Your Hands

Wash your hands often for at least 20 seconds – especially after coughing or sneezing, before eating, and after using the bathroom. Make sure that children can easily reach the sink, soap, and towels, and that grown-ups are washing their hands as well. If soap is not immediately available, use an alcohol-based (60-95%) hand cleanser.

Try this! Use a special song such as “Happy Birthday” and sing it twice to make sure that hands become really clean, or use the chant below and sing it two times to the tune of “Row, Row, Your Boat”:

**Wash, wash, wash my hands,
Make them nice and clean!
Rub the bottoms and the tops
And fingers in between.
(Repeat)**

Cover Your Cough or Sneeze

Cover your mouth and nose with a tissue when coughing or sneezing. Throw out the tissue in a wastebasket after using it. If you don't have a tissue, do not use your hand to cough or sneeze into. Instead, cough or sneeze into the bend of your arm or into the upper sleeve. Practice with your child a couple of times, just to be prepared and get the hang of it.

Try this! Your child might also need to learn how to use tissues properly. You can reinforce this good habit by:

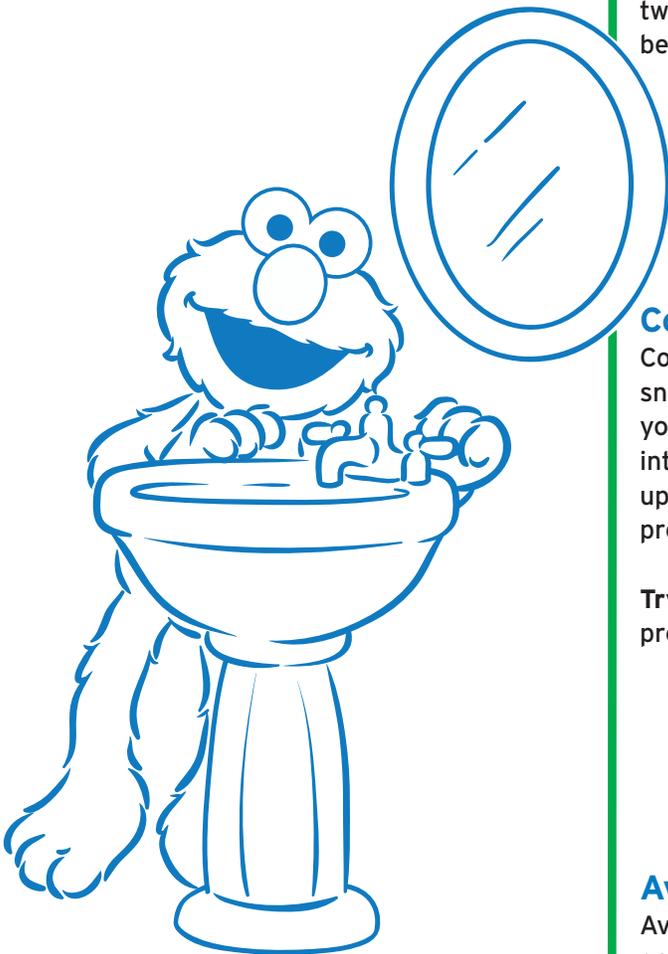
- Keeping tissues where children can easily see them and reach them.
- Suggesting that children wipe their noses with a tissue when necessary, and helping them do so.
- Guiding them to throw away tissues promptly, and then to wash their hands.

Avoid Touching Your Eyes, Nose, and Mouth

Avoid touching your eyes, nose, or mouth; this will help keep germs from spreading.

Healthy Habits All Day Long

These are things that the whole family can do that will help keep your bodies strong and healthy: Keep your body moving indoors or outdoors, eat healthy by balancing sometime and anytime foods and eating your colors, get plenty of sleep, and drink lots of water.



Under the Weather

Children and adults sometimes get sick. How can you make the situation easier for everyone? The important information and tips below are a great place to start!



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Stay Home When You Are Sick

Encourage children to tell a grown-up when they feel sick. If you or your young child is sick, stay home so that you do not spread germs that can make others sick.

If You Need to See a Doctor

If your child isn't feeling well, reaching out to your doctor can get you the expert advice you need to help him or her feel better.



Doctors examine you to find out what's wrong so they can help you get better.

1. When you call the doctor:

- Be ready to explain specific symptoms or concerns.
- Inform the doctor or nurse of your child's medical history.
- Stay calm.

2. If the doctor wants to see your child, be prepared:

- Before you go, make note of information you want to share with the doctor and/or nurse, along with questions you'd like to ask.
- Explain to your child where you're going and why.
- Bring a comfort item, such as a favorite toy or plush, that will help distract your child or which he or she can hold.
- Keep asking questions to the doctor and/or nurse until you fully understand their explanations and instructions.
- If the doctor prescribes medicine, make sure you understand exactly how to give it to your child.
- Know what should bring you back to the doctor's office if symptoms worsen or for follow-up.

3. When you get home:

- Talk to your child about the medicine and what she needs to do to feel better.
- Keep the home environment as calm as possible.
- Share the information with your child-care provider or other adults caring for your child.
- Give big doses of tender loving care.

Keep Talking

There are a lot of warnings out there. Young children especially may have concerns, but may not necessarily express their fear or anxiety. Limit their exposure to media that may be speaking about illness, or other concerns, in ways that are not age appropriate. Do encourage family discussion to answer questions children may have – while also assuring them that the special grown-ups in their lives are there to help keep them safe and healthy.



It's important to take medicine just as the doctor says.