



Colds and the Flu

- Get your child a flu shot every year in the fall
- Have your child wash their hands with soap and water often
- Keep a bottle of hand sanitizer in your child's backpack or desk at school
- Whenever possible, have your child stay away from people who have colds or other infections
- Teach children to cough and sneeze into their sleeve, not their hand
- When using tissues, wash hands afterwards
- Other special goals:
