



COLDS & THE FLU



- ❑ Make sure your child gets a flu shot every year in the fall.
- ❑ Have your child wash their hands often with soap and water.
- ❑ 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:

