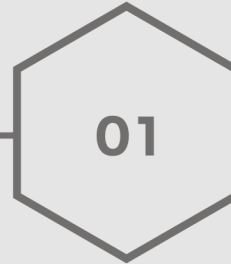


STAYING HEALTHY DURING COLD & FLU SEASON

WASH HANDS FREQUENTLY

Handwashing is an effective way to keep your family healthy. For children, building handwashing skills can take practice. Remind children to wash their hands after using the bathroom, before eating, after playing outside and after coughing, sneezing, or blowing their nose.

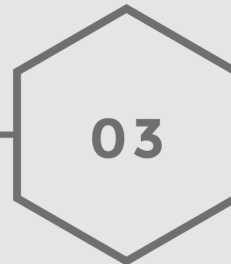


PRACTICE GOOD HYGIENE

It is important to teach your children not to spread germs during flu season and the rest of the year. It is important to model this behavior for young children to reinforce healthy habits such as covering your face when you cough or sneeze and avoid touching your face.

KEEP YOUR SICK CHILD AT HOME

If your child or anyone in your home is experiencing symptoms of illness, keep them at home, cancel any home visits or playgroups, Keep them away from elderly family members. Whether they have a runny nose, fever or severe cough, keeping your child at home will keep any illness from spreading to others.

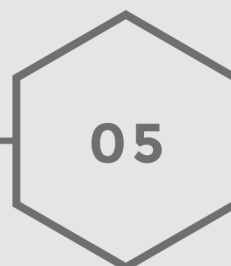


KEEP UP WITH WELL CHECKS AND VACCINES

It is critical for children to keep up with routine check-ups, including vaccinations. If a vaccine is delayed or missed, babies and toddlers have an increased risk of getting sick from a preventable disease. For any questions about vaccines, please contact your pediatrician's office.

CDC RECOMMENDATIONS

The flu shot is recommended by the (CDC) and American Academy of Pediatrics (AAP) for children 6 months of age and older who are eligible. The flu can be a serious disease, particularly among young children, who are at a higher risk than older children for severe flu-related illness and complications.



Learn more 

