

Keeping Kids (and Families) Healthy

✦ Hand Hygiene

Wash with warm, soapy water for at least 20 seconds or the duration of the ABCs. Wash throughout the day: before eating/drinking, touching your face, after using the restroom or blowing your nose, coughing, etc. Avoid touching your face and teach kids not to put their hands in their mouths.

✦ Don't Share

Personal items like drinks, water bottles, chapstick/makeup, hair brushes, hats, ear buds, etc.

✦ Healthy Eating

Avoid sugary drinks and snack foods, these don't do much for the body. Choose plenty of water, drinking more than usual when feeling run down, exercising, or when it's warmer outside. Nutrients from fruits, vegetables, whole grains, healthy fats, and lean proteins help your body stay energized and keep the immune system boosted.

✦ Sleep

The body needs sleep to recover and recharge. Avoid excessive screen time (TV, tablets, phones all count!), especially right before bed. Keep a bedtime routine to help get to sleep easier.

Sleep goals:

toddlers (1–2 years): 11–14 hours, including naps

preschool (3–5 years): 10–13 hours, including naps

school-age (6–13 years): 9–12 hours

teens (14–17 years): 8–10 hours

✦ Consider Vaccines

Many illnesses are preventable through the use of vaccines. Sometimes after being vaccinated, a person may still experience symptoms if exposed to certain germs but vaccines can help a person feel less ill and also recover faster. Decide if vaccinations are the right choice for your family.

✦ Cover and Clean

Teach kids to cover their coughs and sneezes with their elbow or to use a tissue. Hands should be cleaned with soap and water if used for coughing, sneezing, rubbing eyes, or blowing the nose. If washing is not available, hand sanitizer should be used.

✦ Stay Home

If your child feels unwell or is running a fever, keep them home from school. This helps an already run-down child from being exposed to other germs while in school and also helps prevent spread to others in the classroom. This applies to adults in the workplace as well!

