



HEALTH FOR ALL!

Let's be proactive in preventing the spread of colds/flu by discussing these simple measures with our children.



Wash your hands with warm water and soap after using the washroom. Don't forget to count to 20 when washing.



Don't be scared, tell your teacher if you are feeling sick.



Be sure to cough into your arm to prevent spreading germs to your friends.



Stay home if you are unwell. Your body needs rest so you can play with your friends again soon.



Use hand sanitizer when you cannot wash your hands - especially when using shared items.



Vitamins are a great way to improve immunity, especially during cold/flu season.

EDUCATION IS THE BEST MEDICINE.
LET'S PARTNER TOGETHER TO KEEP OUR KIDS IN GOOD HEALTH.