

Staying Healthy Every Day



When both grown-ups and children practice some simple, everyday actions, it helps lead to staying healthy and keeping germs away. Try these simple tips during your everyday routines to help keep the whole family healthy and strong.

Wash Your Hands

- * Wash your hands often for at least 20 seconds — especially after coughing or sneezing, after playing outside, before eating, and after using the bathroom. Washing gets rid of germs that might make children sick. Make sure that children can easily reach the sink, soap, and towels, and that grown-ups are washing their hands as well.

Try this! Use a special song such as “Twinkle, Twinkle, Little Star” to help you remember how long to wash your hands.

Cover Your Cough or Sneeze

- * Cover your mouth and nose with a tissue when coughing or sneezing. Throw out the tissue in a wastebasket after using it. If you don’t have a tissue, do not use your hand to cough or sneeze into. Instead, cough or sneeze into the bend of your arm or into the upper sleeve of your shirt. Practice with your child a couple of times to be prepared and get the hang of it.

Try this! Your child might also need to learn how to use tissues properly. You can reinforce this good habit by

- Keeping tissues where children can easily see them and reach them.
- Encouraging children to wipe their noses with a tissue when necessary, and helping them do so.
- Guiding them to throw away tissues promptly in the garbage, and then to wash their hands.