

Keeping Kids Healthy

Tips for Parents



Dear Parents, Here are some tips to help keep your child healthy and happy year-round!

☒ Vaccines Protect

- ☒ Keep your child safe by protecting them from serious diseases.
- ☒ Vaccines are safe and effective shields against illnesses like **measles**, **chickenpox**, and **flu**.
- ☒ Stay up-date on your child's **immunizations** by following the vaccine schedule recommended by your **pediatrician**.



☒ Good Hand Hygiene

- ☒ Teach your child to **wash hands often** with soap and water for at least 20 seconds.
- ☒ Always wash hands:
 - Before eating
 - After coughing or sneezing
 - After using the bathroom.
 - After playing outside or with pets.



Healthy Habits at Home



When to Stay Home

Keep your child home if they have:

- ✓ Fever (100.4°F or higher)
- ✓ Vomiting or diarrhea
- ✓ Persistent cough
- ✓ Sore throat with fever
- ✓ Rash with fever



✓ Hydration & Nutrition

- ✓ Encourage plenty of **water, fruits, and veggies.**
- ✓ A balanced diet and staying hydrated boosts immunity.

✓ Practice Healthy Habits

- ✓ Aim for 9-12 hours of sleep each night.
- ✓ Get active with at least 1 hour of playtime or exercise a day.
- ✓ Cover coughs and sneezes with a tissue or elbow.
- ✓ Avoid sharing food, drinks, or utensils.
- ✓ Remind kids not to touch their eyes, nose, or mouth.



Let's work together to keep our little ones safe and healthy! ❤️