

It's That Time of Year – Flu! Colds! Viruses!



- Wash hands often with soap and water for 20 seconds. Washing hands correctly is the most important thing you can do to stay healthy. See [Handwashing: Clean Hands Save Lives](#).
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact, such as kissing, hugging, and sharing cups or eating utensils, with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.
- Stay home when you are sick and keep sick children out of school.

Cover your mouth • Use a tissue • Wash your hands



To help your child avoid the flu, consider having the child get a flu vaccine. Kids Health has a *Flu Center for Kids* on line at http://kidshealth.org/kid/centers/flu_center.html. Most children are afraid of injections so you may want to watch these engaging videos with your child to help alleviate his fears. *Sid the Science Kid/Getting a Shot* at <http://www.youtube.com/watch?v=4tpmlGFxRg4> and *Sid the Science Kid /The Journey of a Germ* <http://www.youtube.com/watch?v=UF3XvCrI75I&list=P19F07132425C195D7&index=7>.



What about Enterovirus-D68?

[Enterovirus – D68 What Parents Need to Know](#)

(<http://kidshealth.org/parent/dictionary/ez-az-enterovirus.html>)

[Enterovirus – D68 What Parents Need to Know](#)

(<http://kidshealth.org/parent/dictionary/ez-az-enterovirus.html>)

Games to Help Children Learn about Germs and Viruses
Parents play the games with your children and teach them to avoid colds and viruses.

Germinator -

<http://pbskids.org/fetch/games/germinator/game.html>

Antibodies - <http://pbskids.org/sid/germs.html>

Sully the Cell's Memory Match -

<http://pbskids.org/lunchlab/games/memory-match>

Savanna Checkup -

http://www.pbs.org/parents/mamamirabelle/parents_savanna_checkup.html

In this make-believe game you will pretend to be sick and your child will pretend to be the doctor. Requisitioning 101 Workshop

SHAN GOFF

EXECUTIVE DIRECTOR, OFFICE OF EARLY LEARNING

250 MARRIOTT DRIVE • TALLAHASSEE, FL 32399 • 850-717-8550 •

Toll Free 866-357-3239 • www.FloridaEarlyLearning.com

OFFICE OF
Early Learning
LEARN EARLY. LEARN FOR LIFE.