

# TIPS FOR A



## HEALTHY SCHOOL YEAR

- 1 Keep hands clean.
- 2 Keep hands out of the eyes, mouth and nose.
- 3 Don't share water bottles, food or other personal items.
- 4 Keep kids current on immunizations, including a yearly flu shot.
- 5 Boost your whole family's immune system by eating a healthy diet.
- 6 Get enough sleep.
- 7 Give kids a brain-boosting breakfast.
- 8 Pack a healthy lunch.
- 9 Pick the right backpack.
- 10 Go outside and play with your kids after school.

