

# Tips for Keeping Your Family Healthy

As the weather turns colder and indoor time increases, viruses that cause coughs and sniffles tend to spread more easily.

## To reduce the risk of spreading illness:

- ☐ Prioritize outdoor interactions if possible to allow for better airflow and reduce the chance of spreading germs.
- ☐ Ensure good ventilation indoors by opening windows or using fans to keep fresh air circulating when spending time inside.
- ☐ Encourage regular hand-washing with soap and water to help prevent the spread of germs.
- ☐ Discourage touching one's face to minimize the transfer of germs from hands to the eyes, nose, and mouth.



## Hand-washing steps to teach children:

- ☐ Wet hands with warm, running water.
- ☐ Apply enough soap to cover their hands and wrists (one solid pump from a dispenser should be sufficient).
- ☐ Scrub all surfaces of the hands (especially the backs, between fingers, and under the fingernails) for at least 20 seconds.
- ☐ Rinse again thoroughly until there are no more soap suds.
- ☐ Dry hands with a clean cloth or paper towel.

## How can I boost my child's immunity?

- ☐ Offer a balanced diet with fruits, vegetables, and protein-rich foods.
- ☐ Include Vitamin D sources (fish, eggs, dairy).
- ☐ Add Vitamin C from citrus fruits or strawberries.
- ☐ Make sure your child gets plenty of rest.
- ☐ Keep them hydrated with water or warm soups.
- ☐ Encourage regular physical activity. Even short indoor movement breaks.

## What should I do if my child gets sick?

- ☐ Keep your child home to rest and recover.
- ☐ Provide comfort with fluids, rest, and warm blankets.
- ☐ Use tissues to cover coughs and sneezes, and discard them immediately.
- ☐ Disinfect commonly touched surfaces (doorknobs, toys, tables).
- ☐ Keep siblings or classmates safe by avoiding close contact.
- ☐ Reach out to your healthcare provider if symptoms worsen or persist.

**These are just a few suggestions. Remember, each child and family's situation is unique!**

For more family wellness tips and health resources, visit [chshslearn.org/resources/for-families](https://chshslearn.org/resources/for-families)

## NOTES

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