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# Healthy Habits to Follow During Spring Break

School's out and so are germs. Families can use these tips to encourage children to use healthy habits no matter what fun activities they participate in over spring break.

## Safe Travels

If you are traveling this spring, ensure your family is taking all the recommended precautions advised by the U.S. Centers for Disease Control and Prevention (CDC) to help prevent the spread of COVID-19. This includes wearing masks, washing your hands often with soap and water, and staying at least 6 feet apart from other travelers when possible.

## Spring Cleaning

Regardless of where your spring break takes you, help protect your loved ones and reduce the spread of illness-causing germs by disinfecting surfaces using Lysol disinfecting products. Lysol Disinfecting Wipes kill 99.9 percent of viruses and bacteria when used as directed and make it easy to clean and disinfect surfaces at home or on-the-go.

## Handwashing

Washing your hands is a simple and effective way to help prevent the spread of germs. To help ensure spring break activities remain safe for everyone, washing your hands frequently is highly recommended by the CDC, especially after eating, playing outside, blowing your nose, and coughing or sneezing. As always, make sure your child is using soap and water and washing for at least 20 seconds.



## Get Moving

Encourage your kids to do fun outdoor activities that get them moving. Whether it's hitting the playground, playing sports in the park, or taking a leisurely stroll, spending time outdoors can help encourage physical activity.

## Beat the Heat

If you're vacationing somewhere warm or spending time outside, protect your child from the sun by applying a broad-spectrum sunscreen with a factor of SPF 30 or higher to exposed areas of skin. Apply 15 to 30 minutes before heading outside and make sure to reapply every 2 hours or after swimming.

## Welcome Back Packs

Encourage your schools to reinforce healthy habits in the classroom by signing up for free Lysol Welcome Back Packs to use in the classroom and school. Visit [Lysol.com/WBP](https://www.lysol.com/WBP).