

# Healthy Habit Tips to Set Your Family Up for Success this Cold and Flu Season

Report  
to **PARENTS**

## Follow Vaccine Guidelines

One of the best ways to help slow the spread of seasonal, illness-causing germs is to receive immunizations, like the flu shot. The U.S. Centers for Disease Control and Prevention (CDC) recommends anyone above the age of six months receive a flu vaccine every year.

## Teach Proper Handwashing Technique

Washing your hands is a simple and effective way to help prevent the spread of germs. Washing your hands frequently is highly recommended by the CDC, especially after eating, spending time outside, blowing your nose, and coughing or sneezing. As always, make sure your child is using soap and water and washing their hands for at least 20 seconds.

## Support School Healthy Habits and Goals

School health sectors, parents, and communities all have similar goals to improve each child's development. A key component of the CDC's [Whole School, Whole Community, Whole Child](#) model is family engagement to reinforce student health and learning opportunities at home and in school. This cold and flu season,



following your child's school protocols at home will help curb the spread of germs in your community.

## Start a Cleaning and Disinfecting Routine

Clean and disinfect commonly touched surfaces to help kill germs, including those that cause cold and flu. Donating wipes to your child's school is also a great way to help curb the spread of germs in the classroom. This year, refer your school district to apply for free Lysol Disinfecting Wipes by visiting [Frontline Impact Project](#).

## Keep Children Home When Sick

If your child is exhibiting any cold or flu symptoms, it is recommended that they stay home from school. The same goes for staying home from work or running errands if you are sick yourself! This will help prevent you from spreading your illness to others.