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# Healthy Habit Tips for a Great Holiday Season

## Help Keep Germs Outside of the Classroom

One of the best ways to help slow the spread of seasonal, illness-causing germs is to remain home if you are sick. The flu is most contagious during the first three days of illness, so keep you children home from school and encourage your community to take the necessary precautions if they suspect they have the flu.

## Wash Your Hands

Taking the recommended 20 seconds to wash your hands with soap and water will go a long way in helping to prevent the spread of illness-causing germs. Promote proper hand washing at home and in school, and it can make an impact on children's hygiene habits throughout this holiday season.

## Serve a Balanced Diet

We know the holidays are a time when food is front and center. When crafting the menu for your family and friends, be sure to include fruits, vegetables, and proteins among your mealtime selections. Maintaining the fundamental



pillars of a balanced diet will help you and your loved ones enjoy those holiday indulgences with a good conscience.

## Disinfect High-Touch Surfaces at Home and in the Classroom

Lysol Disinfecting Wipes make it easy to clean and disinfect surfaces at home, especially if you are having guests over for festivities. Disinfect frequently touched areas from door handles to light switches as directed to help protect your loved ones from the spread of germs.

Continue to disinfect into the new year at school by referring your school leaders to apply for free Lysol Disinfecting Wipes by visiting [Frontline Impact Project](#).