

Report to **PARENTS**

Developing Healthy Habits in Kids that Last a Lifetime

Cold and flu season can be a challenging time for parents. With kids in close quarters at school, it can feel like germs are all around, at home and in the classroom. With the right strategies, you can help keep your family protected from illness-causing germs during the fall and winter seasons.

Teach Proper Cough and Sneeze Etiquette

Covering coughs and sneezes is crucial in preventing the spread of viruses and bacteria. Teach kids to cough or sneeze into their elbows or a tissue and dispose of the tissue properly. Lysol is proud to share a variety of resources aimed at making healthy habits education engaging and informational, including lesson plans, posters, and activities that can be used year-round. Visit [Lysol.com/HERE](https://www.lysol.com/HERE) to download the free resources and learn more.

Maintain a Disinfected Home Environment

When your kids come home from school, they can bring germs with them. Regularly disinfect frequently touched surfaces in your home, such as doorknobs, light switches, and remote controls throughout cold and flu season to help stop the spread of illness-causing germs. Lysol Disinfecting Wipes kill 99.9 percent of viruses and bacteria when used as directed and make it easy to clean and disinfect hard surfaces around the home on a regular basis.



Boost Immunity through Nutrition

Eating a well-balanced diet rich in fruits, vegetables, whole grains, proteins, and dairy can give your child's immune system the strength it needs to ward off potential illnesses. When your kids are enjoying their after school snacks or family dinner, remember to reflect all of these food groups in their meals and remind your child about the importance of making healthy choices.

Stock Up on Essentials

There's no better time than cold and flu season to stock your home with essential products to help stop the spread of germs. In your child's school bag, you can provide a travel-sized pack of tissues for personal use and a small bottle of hand sanitizer to empower them to maintain cleanliness while at school and help cut back on pathogens they might bring home. In your home, keep disinfecting products like Lysol Disinfectant Spray and Lysol Disinfecting Wipes on hand so you are prepared when illness-causing germs enter your household.