

Help keep the Germs Away!



get vaccinated

Keeping vaccines up to date helps protect your child & others from the germs that cause infection and severe illness.



eat healthy

Getting enough nutrition helps the body work its best. Keep immune systems ready to fight germs by eating the food it needs.



cover your mouth

Germs can spread easily through sneezing and coughing. Covering our mouths helps limit that spread to others.



sleep

Sleep lets our bodies rest and recover, keeping immune systems strong to prevent illness & disease.



keep hands clean

A lot of hands touch a lot of things all day at school, moving germs back and forth each time. Hand washing can help break this cycle.



stay fit

Exercise gets our blood pumping, moving germ-fighting cells throughout the body so they're ready to fight infection.



keep things clean

Sanitizing surfaces and items often can stop the spread of germs from surfaces and items to us.



drink water

Staying hydrated helps the body's immune system block germs and move germ-fighting cells to fight infection.



hands off faces

By not touching our faces, we make it harder for germs to enter our bodies through our mouth, nose, and eyes.



relax & reset

Stress can strain the body systems needed to fight germs. Relaxing & resetting can help lower this pressure.

