

Hello, I am Germs and I am ***EVERYWHERE!*** I am at daycare, stores, schools, church, movies, vehicles, families/friends’ homes, work places, restaurants, bathrooms, and I can go on ………. If you don’t want me around you or your family than her is a list of things to do!!!

1. **WASHING/SANITIZING** your hands everywhere you go. Proper hand washing is for at least 20 seconds or kids to say their ABC (before and after meals, blowing/wiping noses, cough & sneezing into hand, handling food)
2. **KEEPING FINGERS OUT** of your mouth and nose
3. **COVER ALL** coughs /sneezes with your elbow
4. **BLOW** your nose with a tissue (not sleeves, hand, licking it or letting run down your face)
5. **STAY HOME** when you are not feeling well! REST!!!!
6. **EAT AND DRINK PROPERLY** push Vitamin C foods, Vitamin D, fruits and vegetables—add COLOR to your plate, -LOTS of water
7. **GETTING ENOUGH SLEEP and KEEP ACTIVE**
8. **WASHING** Wash your dish cloths, hand towels daily or dish scrubbers. Your child’s stuff animals could use a washing also!

**Please take care of your self and families health! Stay home or keep kids home when they can not participate in daily activities**

Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Provider Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_