

Families Making the Connection

Wash Your Hands

It is cold and flu season. Handwashing is one of the best ways to protect yourself, your family, and others from getting sick.

When should you wash your hands?

Wash your hands often, especially during key times when germs are likely to get on your hands and can easily spread to you or others:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after you treat a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After you blow your nose, cough or sneeze
- After you touch an animal, its feed or waste
- After touching garbage

What is the right way to wash your hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Lather hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse hands well under clean, running water.
5. Dry hands with a clean towel or air dry them.

Handwashing is the best way to prevent the spread of germs. If you do not have access to soap and water, use a 60% alcohol-based hand sanitizer until you can wash your hands.

Menus for December 2018

Eastfield Pre-K, Head Start & Wee Titan Breakfast Menu

| Monday, December 3 | Tuesday, December 4 | Wednesday, December 5 | Thursday, December 6 | Friday, December 7 |
|---|--|--------------------------------------|-------------------------------------|-------------------------------------|
| *BREAKFAST PIZZA, GRAPE JUICE | *MINI PANCAKES, APPLE JUICE | EGG BISCUIT, ORANGE JUICE | *CEREAL (Cheerios), APPLESAUCE CUP, | SAUSAGE BISCUIT, STRAWBERRY CUP |
| Monday, December 10 | Tuesday, December 11 | Wednesday, December 12 | Thursday, December 13 | Friday, December 14 |
| *MINI BERRY WAFFLE, APPLE JUICE | CHICKEN BISCUIT, STRAWBERRY CUP | *MINI BERRY PANCAKES, APPLESAUCE CUP | HAM BISCUIT, GRAPE JUICE | *CEREAL (CINN. TOAST), ORANGE JUICE |
| Monday, December 17 | Tuesday, December 18 | Wednesday, December 19 | Thursday, December 20 | Friday, December 21 |
| *BAGEL & CREAM CHEESE BAR w/ cinnamon spread, GRAPE JUICE | SAUSAGE BISCUIT, APPLE JUICE | *MINI CHOC. CHIP FRENCH TOAST, PEARS | BREAK | BREAK |
| Monday, December 24 | Tuesday, December 25 | Wednesday, December 26 | Thursday, December 27 | Friday, December 28 |
| Holiday | Holiday | Holiday | Annual Leave | Annual Leave |
| Monday, December 31 | | | | |
| Annual Leave | Unflavored MILK IS OFFERED DAILY *WG | | | |

December

- Pear Month
- Tropical Fruits Month
- Handwashing Awareness Week (1st week)

Source: www.cdc.gov



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