



COUNSELOR'S CORNER

HEALTHROOM REMINDERS



Get vaccinated
Influenza or "flu" can cause serious illness. Vaccination is the best way to protect yourself and your family.

Cover your cough or sneeze
Cover your mouth and nose with your sleeve or a tissue when you cough or sneeze. Toss your used tissue in the waste basket and wash your hands.

Wash your hands
Wash your hands often with soap and water or use an alcohol-based hand cleaner.

Avoid touching your eyes, nose, and mouth
If you touch surfaces with the flu virus, you can get the flu by touching your eyes, nose, or mouth.

Stay home if you are sick
Flu viruses go wherever you go when you are infected. Stay at home and check with your healthcare provider when needed.

Fight the Flu
It starts with you

For more information, call 2-1-1 or visit www.hawaii.gov/health

Little habits make a big difference in the kind of day you and your youngster have. Here are things each of you could do to create routines for smooth days.

Your child can: Make a picture chart of what your child needs to do every morning, afternoon, and evening. Your child might draw a backpack as a reminder to show you papers he/she brings home. A picture of a book could prompt your child to read for 15–20 minutes.

You can: Have your child go to bed in time to get 9–11 hours of sleep and to eat healthy breakfast in the morning. Set aside downtime after a busy day (perhaps 20 minutes when he/she gets home) so your child will be recharged for homework, chores, and family time.

