

## Stay Healthy

It is always a good idea to practice good health habits..

### Nutrition

Eat a balanced diet. Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish, and beans. Drink lots of water and go easy on salt, sugar, alcohol, and saturated fat.

### Exercise

Exercise on a regular basis. Exercise helps build a stronger body that resists germs

### Sleep

Get plenty of rest. During sleep, your entire body is repairing itself, growing, and fighting any germs you picked up during the day.

### Regular Health Care

Get your flu shot and be sure that other immunizations are up to date.

## The Healthy Kids Series

*The Boston Public Schools want your children to be physically and emotionally healthy and ready to learn.*

*This series of pamphlets is provided as a public service to you and your family.*

*We welcome ideas and suggestions.*

*"...because healthy children can learn more .."*



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**BPS Healthy  
Kids Series**

## GERMS

### Stopping the Spread



# Stopping Germs

The main way that illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. Droplets from a cough or sneeze of an infected person move through the air and are deposited



**Coughing and sneezing spread the germs through the air**

on the mouth or nose of people nearby. Sometimes germs also can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, door-knobs, and desks.

**Take common-sense steps to limit the spread of germs.**



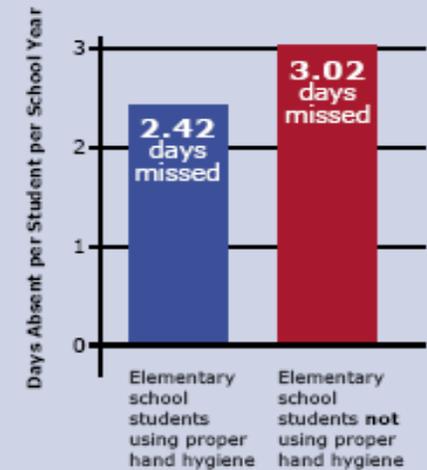
**Make good hygiene a habit.**

- Cough or sneeze into your upper sleeve if you don't have a tissue.
- Put used tissues in a waste basket.
- Clean your hands after coughing or sneezing.
- Wash hands frequently with soap and water and don't put fingers into mouth, eyes or nose.
- Use soap and water or an alcohol-based hand cleaner.

When you wash your hands -- with soap and warm water -- wash for 15 to 20 seconds. That's about the same time it takes to sing the "Happy Birthday" song twice!



**Cleaning Hands Keeps Students In School**



**Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

**Stay home when you are sick.**

Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.