



## Tips for Involved Parents from Gwinnett County Public Schools

*Be There* is a national movement that inspires parents to become more involved in their children's education. Teachable moments are everywhere. Be your child's favorite teacher. Connect in meaningful ways and your simple actions will reap immense rewards at home, play, and school!

### Staying Healthy During Cold and Flu Season

*It's that time of the year...*

- **Wash your hands frequently** with soap and water or an alcohol-based hand cleaner... always before preparing meals or eating.
- **Sneeze and cough into your elbow or cover with a tissue.** In other words, keep those germs off your hands. That said...
- **Keep "germy" hands away** from your face.
- **Keep them off your desk, too...** Put used tissues in a wastebasket.
- **Stay home** when you are sick and keep children home from school when they are ill.
- **Don't share personal items** such as toothbrushes, towels, utensils, etc.
- **Drink plenty of fluids**, especially water.
- **Get fresh air...** every day.
- **Exercise regularly.**
- **Get plenty of rest.**
- **Eat a balanced diet** with lots of fruits and vegetables, especially dark green, red, and yellow vegetables, and a variety of fruits.
- **An ounce of prevention...** Get a flu shot to protect against seasonal flu viruses. The Centers for Disease Control and Prevention (CDC) strongly recommends flu vaccinations for both children and adults. Typically, the vaccine is available in the fall.
- **Get a pneumonia shot** to prevent secondary infection if you are over the age of 65 or have a chronic illness such as diabetes or asthma. For specific guidelines, talk to your healthcare provider or call the CDC Hotline at 1-800-232-4636.
- **Keep your distance.** Maintain personal space to avoid getting a bug from others or sharing your bug with them.



*Together, we will be there for our students—  
Gwinnett County Public Schools and YOU!*

**Make the ordinary extraordinary!**