

## **Parent Quiz**

### **Are you keeping your child healthy and in school?**

The winter months are often times when kids get sick. Each year, millions of school days are lost because kids have colds or the flu. You can keep your child (and the other kids in her class) from getting sick. Answer yes or no to each question:

- \_\_\_ 1. I've taught my child to cover her cough by coughing into her bent elbow.
- \_\_\_ 2. I encourage regular hand washing. I also send hand sanitizer or wipes to school.
- \_\_\_ 3. I make sure my child gets plenty of sleep. Tired kids have a harder time fighting off germs.
- \_\_\_ 4. I have taught my child to avoid touching her eyes, nose and mouth. That's how germs are usually spread.
- \_\_\_ 5. I'll keep my child home if she does get the flu so it doesn't spread to other students.

How well are you doing?

Each yes means you're helping your child fight winter illness. For no answers, try those ideas in the quiz.

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