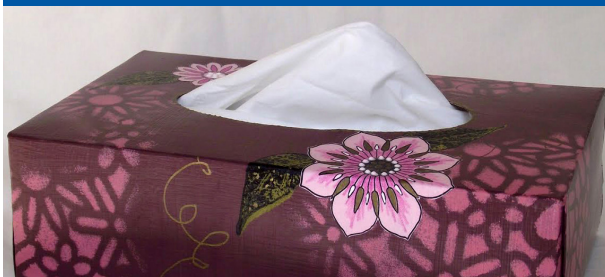


YOUR WHOLESOME HOME Health



Good health and a healthy lifestyle can make a positive difference in a child's life.

Make sure your child does these:

- Get plenty of sleep. Children should get 10 hours of uninterrupted sleep each night;
- Get moving! Any physical activity will help develop your child's muscles and mind.
- Add plenty of "color" to your diet and eat five fruits and vegetables every day. The darker the color; the more vitamins.
- Wash your hands often. Children should wash their hands before meals, after using the bathroom and after playing;
- Keep clean. Washing hair and body on a daily basis will prevent skin and/or hair infections and infestations;
- "Sneeze in Sleeve!" Any time a person has to sneeze or cough they should do it in their sleeve/arm;
- Don't share. Keep personal belongings like combs, sweaters, and drinking bottles to yourself and don't use others;
- Stay home when ill. Don't send children to school if they have a temperature.

Health Services

484-765-4059

www.allentownsd.org