

# Staying Healthy Every Day

healthy  
habits life™  
for life

When both grown-ups and children practice simple everyday actions, it leads to staying healthy and keeping germs away. Young children, in particular, may not understand exactly how germs spread. But they will understand that there are certain things that they can do to stay healthy, especially when they do them during their everyday routines with the adults who care for them!

## Wash Your Hands

Wash your hands often – especially after coughing or sneezing, before eating, and after using the bathroom. Make sure that children can easily reach the sink, soap, and towels, and that grown-ups are washing their hands as well. If soap is not immediately available, use an alcohol-based hand cleanser.

**Try this!** Use a special song such as “Happy Birthday” and sing it twice to make sure that hands become really clean, or use the chant below and sing it two times to the tune of “Row, Row, Your Boat”:

Wash, wash, wash my hands,  
Make them nice and clean!  
Rub the bottoms and the tops  
And fingers in between  
(Repeat)

## Cover Your Cough or Sneeze

Cover your mouth and nose with a tissue when coughing or sneezing. Throw out the tissue in a wastebasket after using it. If you don't have a tissue, do not use your hand to cough or sneeze into. Instead, cough or sneeze into the bend of your arm or into the upper sleeve. Practice with your child a couple of times, just to be prepared and get the hang of it.

**Try this!** Your child might also need to learn how to use tissues properly. You can reinforce this good habit by:

- Keeping tissues where children can easily see them and reach them.
- Suggesting that children wipe their noses with a tissue when necessary, and helping them do so.
- Guiding them to throw away tissues promptly, and then to wash their hands.

## Avoid Touching Your Eyes, Nose, and Mouth

Avoid touching your eyes, nose, or mouth; this will help keep germs from spreading.

## Healthy Habits All Day Long

These are things that the whole family can do that will help keep your bodies strong and healthy: Keep your body moving indoors or outdoors, eat healthy by balancing sometime and anytime foods and eating your colors, get plenty of sleep, and drink lots of water.

