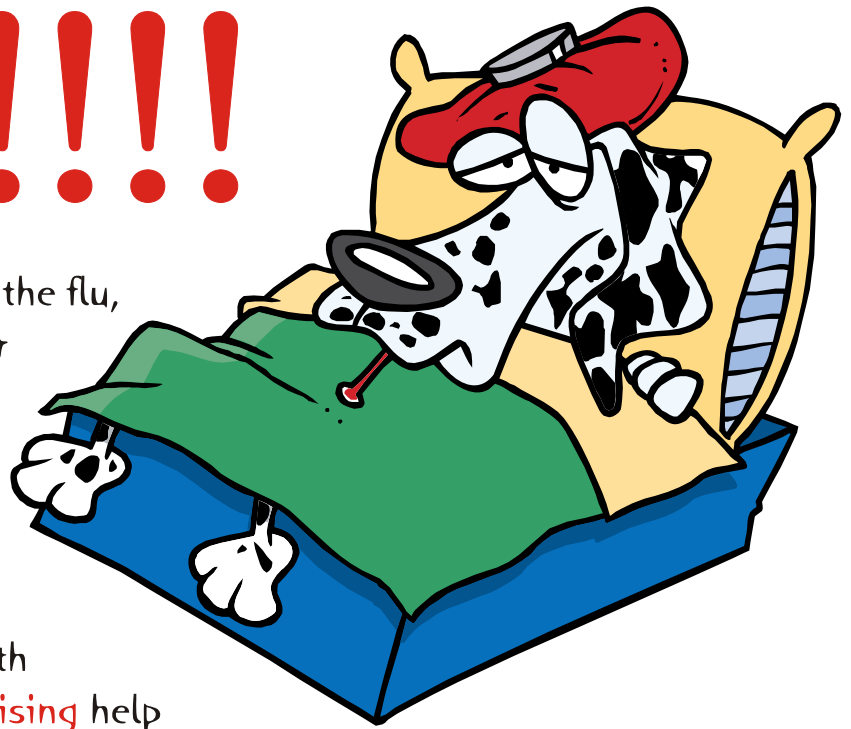


# STAY!!!!!!

Feeling sick as a dog? If you think it's the flu, please do yourself, your teachers, your classmates, and their families a favor and **stay home** until your fever's been gone for at least 24 hours. **Want to avoid the flu in the first place?** A **vaccine** against the flu may be a good option – ask your doctor or other health professional. **Eating healthy and exercising** help keep your body in shape to fight off the flu or make your illness less severe if you do get sick. **Frequent hand washing** is crucial to avoiding the flu – germs can live for hours on surfaces like doorknobs, sinks, railings, keyboards, pens, pencils, and telephones. Use **a clean, dry hand towel, a paper towel, or an air dryer** to dry your hands, and unless you've just washed your hands, **don't touch your face**. As much as you can, **avoid close contact with anyone who is sick**, and, if **you** get sick, try not to spread germs to others. Take **a reusable water bottle** to school to drink from during the day instead of using a water fountain. And if you still get sick despite all these precautions, **STAY HOME!**



the big number

0

Total number of antibiotic drugs that kill the flu virus. Antibiotics kill bacteria, but not viruses.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This newsletter is provided as a wellness resource by D. C. Everest Area Schools-Food Services*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“STAY!!!!!”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### FLU FIGHTERS

People who eat lots of foods that are rich in vitamin C (like strawberries, red peppers, broccoli, and oranges) may be less likely to get colds and flu, and, if they do get sick, may have less severe symptoms and get well quicker.



## LEARN EASIER

It's much harder to learn when you're not in school. That's why hand sanitizer is the latest "must have" school supply. When you can't get to soap and water, make sure you sanitize!

## LIVE HEALTHIER

If you don't cover up when you cough or sneeze, the germs spread out in the air and wherever they land. If you cover up with your hand, the germs get all over everything you touch. But if you use a disposable tissue and then throw it in the trash, the germs go into the trash, too! No tissues at hand? Then the best option is to cover up with your sleeve!



## PLAY HARDER

If you want to be able to keep playing during cold and flu season, you have to play SMARTER. Playgrounds and other places where kids gather to have fun are loaded with surfaces and objects that lots of kids touch. And some of those kids might have germs on their hands.



So try not to touch your mouth, nose, or eyes while you're playing. And wash your hands before you go out to play and as soon as you're done.

## Let us count the ways

As we celebrate National School Lunch Week this October, we'd like to remind you of a few of the ways that our school system's School Meals program benefits our kids and our community.

We provide jobs for our dedicated employees, many of whom are parents (or grandparents!) of students in our school system. We purchase food and supplies from local and regional businesses. We provide a convenient and affordable meal choice for busy families. And we're committed to serving meals that meet the Dietary Guidelines for Americans and average less than 30% calories from fat -- try to get that commitment from a convenience store or fast food restaurant!

It all adds up to this: kids who regularly eat balanced, nutritious meals learn better. So when we serve healthy meals to your kids, we're also serving education.

Convenient, economical, healthy School Meals. We're more than you remember -- and more than you'd expect!

