



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.
- **Drink plenty of fluids**, especially water.
- **Get fresh air...** every day.
- **Exercise regularly.**
- **Eat a balanced diet** with lots of fruits and vegetables, especially dark green, red, and yellow vegetables, and a variety of fruits.
- **Get plenty of rest.**



- **An ounce of prevention...** Ask your doctor if you should get a flu shot to protect against seasonal flu. The 2010–11 flu vaccine includes the H1N1 virus strain from last year's flu season.
- **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 Centers for Disease Control and Prevention (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!

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