

It's Cool to Take Care of Yourself!

Remember to Wash Your Hands!

Before:

- Eating a snack
- Helping to cook dinner
- Touching your mouth or eyes

After:

- Using the bathroom
- Playing outside
- Sneezing or coughing



Proper Hand Washing Steps:

1. Wet hands with warm water
2. Use plenty of soap to get a lather
3. Rub lather on palms, back of hands, between fingers, under nails
4. Sing the ABCs to wash long enough
5. Rinse with warm water
6. Dry hands with clean towel

Take Care of your Pearly Whites!

- Brush your teeth at least twice per day
- Floss before going to bed
- Use Listerine to swish away the leftover germs
- Visit the dentist twice per year for a checkup
- Drink water containing fluoride



Showering is Simple!

- Take a shower or bath once per day
- Wash hair with shampoo while massaging head to create lather; rinse well
- Condition longer, thicker hair if necessary
- Wash your body with a nice, clean smelling body wash; rinse
- Dry off and brush your hair with a wide-tooth comb

Eat Properly!

- Remember to eat your fruits and veggies
- Eat lots of meat and potatoes!
- Dairy products make a great after-school snack!
- Limit fast food, pop, and food that is high in oils and sugars
- Take your vitamins!



Take Good Care of Your Body and Mind!

- Visit the doctor once a year for a check-up, or anytime you feel sick
- Have an eye check-up once per year (glasses are cool!)
- Smile— it takes less muscles than frowning
- Limit television time, read a book instead
- Try your best in school