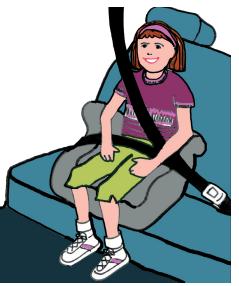


## Buckle Up

Buckle up and be safe. Always sit in the back seat of the car and stay safe with a booster seat.

Child Passenger Safety www.cdc.gov/ncipc/factsheets/childpas.htm



## **Build Strong Bones**

For strong bones, kids need plenty of calcium (found in yogurt, grilled cheese sandwiches, milk, or macaroni and cheese) and lots of weightbearing physical activity (such as jogging, walking, jumping rope, dancing, or playing soccer) every day. Challenge some friends to a jump rope contest - it helps your heart as well as your bones.

Bone Health www.cdc.gov/nccdphp/dnpa/bonehealth

Powerful Bones, Powerful Girls www.cdc.gov/powerfulbones



## Wash Hands to Keep Germs Away

Germs can make you sick. To stop the spread of germs:

- cover your mouth and nose with a tissue when coughing or sneezing
- wash your hands often with warm, soapy water as long as it takes to sing the "Happy Birthday" song twice
- use alcohol-based hand wipes or gel sanitizers when water is not available to wash your hands

It is especially important to wash your hands

- before, during, and after you prepare food
- before you eat and after you use the bathroom



- after handling animals or animal waste
- when your hands are dirty
- more frequently when someone in your home is sick

Stop the Spread of Germs www.cdc.gov/germstopper/home\_ work\_school.htm