



*Express Your Health!*TM



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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 weight-bearing 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



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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