








Let's Stay Healthy Together!

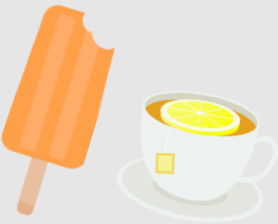



Ways to Prevent the Common Cold

			
<p>Reduce sugar intake</p>	<p>Eat whole foods, especially leafy greens and fruit with vitamin C</p>	<p>Increase Fluids</p>	<p>Get a full nights' sleep & use a humidifier in your child's room</p>

		
<p>Disinfect toys & surfaces in your home and vehicles</p>	<p>Use showers on a regular basis to help clear sinus congestion</p>	<p>Wash hands frequently with soap and water for at least 20 seconds</p>

Don't forget your Vitamins!

Ways to Improve Cold Symptoms

			
<p>Stay Hydrated- Drink warm fluids like, tea w/lemon. Eat very cold foods like ice pops</p>	<p>Kick Congestion- Chicken soup clears mucus and prevents dehydration</p>	<p>Soothe Sore Throat- Take honey regularly to help with cough and sore throat</p>	<p>Consult your Doctor or Pharmacist before using over-the-counter medications</p>

Thank you, Kid's Culture, for supporting children and families.