

Let's Stay Healthy Together!

Ways to Prevent the Common Cold

			
Eat less sugar	Eat extra fruits and vegetables	Drink more water	Get a full night's sleep & use a humidifier in your child's room
			
Clean toys & surfaces in your home and vehicles	Take a warm shower daily to help clear your sinuses	Wash hands with soap and water for at least 20 seconds	

Ways to Improve Cold Symptoms

Stay up-to-date on well-child visits and recommended immunizations!

			
Eat cold popsicles and drink warm fluids like tea with lemon	Eat chicken soup	Try Honey* to help with cough and sore throat <small>*not recommended for children under 12 months</small>	Call your Doctor for vitamin and medication recommendations

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

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