Don't Be a SICK SIMON!

**PREVENTION TIPS**
- Scrub away bad germs by washing your hands with soap & water for 15 seconds (the duration of singing the alphabet song)!
- Be careful not to touch your eyes, nose, or mouth.
- Exercise & eat healthy foods like fruits & veggies.
- Get a full night’s sleep, but don’t miss your alarm!
- Sharing is caring, but don’t share any personal items (toothbrushes, toys, etc.).
- Remember: Spread the word (not germs)!

**IF YOU GET SICK...**
- Achoo! Use a tissue or your sleeve when you sneeze or cough.
- Throw used tissues in the trash.
- After coughing or sneezing, wash the bad germs away.
- Get extra rest—nothing to complain about here! (Stick to bed if you have a fever >100.4°)
- Drink lots of water.
- Avoid crowded places where germs can be passed around.
- Remember: Stay home when you’re sick!

Remember: Get a full night’s sleep, but don’t miss your alarm!

Stick to bed if you have a fever >100.4°!