



FAMILY GOALS - COLDS

- ❑ Have your child wash his/her hands often with soap.
- ❑ Have your child keep a bottle of hand sanitizer in his/her desk at school.
- ❑ Make sure your child gets a flu shot every year. It is best to get during the months of October or November.
- ❑ Whenever possible, have your child stay away from people who have colds or other viral infections.
- ❑ Other special goals:
