



**We train and encourage our caregivers and children to do the following:**

- Wash their hands effectively many times throughout the day.
- Cough or sneeze into their elbow, instead of into their hand or the air.
- Sanitize surfaces and mouthed toys frequently throughout the day.
- Get plenty of rest.

**Parents and children should:**

- Wash their hands when arriving and before leaving the school.
- Cough or sneeze into their elbow, instead of into their hand or the air.
- Get plenty of rest.
- Eat healthy and drink plenty of fluids.
- Report illnesses to your director.
- Do not come to school if you are not feeling well.