

School News & Notes

Hygiene In The Classroom

(NAPSA)—This school year, pay attention to hygiene habits. The CDC states that 52 million school-aged children will fall prey to the common cold, missing more than 22 million school days this year alone. If children practice good hygiene in school, however, their chances of getting sick can be reduced. Share the following G-P Health Smart Institute hygiene lessons with your children and help them stay healthy.



Get smart and stay healthy.

- Washing hands is the best way to reduce the chance of getting sick. Lather hands in warm, soapy water for 15 seconds then rinse, and dry hands completely with disposable paper towels, like Sparkle®, to throw away the germs.
- Avoid spreading germs when sneezing or coughing. Use paper products to trap the germs and keep your hands germ-free.
- Put a paper towel in your child's lunch box. Instruct your child to wipe fruit and beverage tops to remove contaminants before consuming.
- Sharing drinks also means sharing germs. Don't do it. Pour some into a separate cup for your friend.
- Keep fingers, pens and pencils out of your mouth.

For more information about hygiene, call toll free 1-877-GP-CLEAN or log on to www.gphealthsmart.com.