

Pointers For Parents

Staying Healthy In School And Home

(NAPSA)—Back-to-school time means back to classrooms, buses and cafeterias filled with germs. According to experts, an average of 10 million bacteria lurk on each school desk surface. With dirty hands sharing scissors, toys and books, one thing is clear—germs are everywhere.

The Centers for Disease Control and Prevention reports that children miss 22 million days of school each year. And once kids bring germs home, it's not long before they spread throughout the household. Here are some tips to help keep your kids healthy this school season:

- Teach your kids healthy habits. Teach kids to contain germs by coughing and sneezing into their elbows, not their hands. Be sure they wash their hands with soap and warm water for 30 seconds. You can make it fun by purchasing their favorite soaps and tissue boxes. By practicing these healthy habits at home, they will likely do the same at school.

- Get healthy amounts of rest. A proper night's sleep is important for your kids to be fully prepared for every school day. School-age children need between 9 and 12 hours of sleep each night. According to the Web site www.iVillage.co.uk, not getting enough sleep can reduce the effectiveness of the immune system by up to 50 percent. So it's important to enforce a strict bedtime routine so that children can relax and fall asleep.

- Give your immune system a healthy boost. Airborne and Air-



Kids can keep germs at bay by practicing healthy habits, such as washing after they sneeze or use the bathroom, both at home and in school.

borne Jr. are the best ways to boost your whole family's immune systems. Great-tasting Airborne Jr. is formulated especially for children. Grown-ups shouldn't forget to take their Airborne, either. The effervescent health formula is available in original zesty orange, lemon-lime and new pink grapefruit flavors. Busy moms and dads may want to try new Airborne On-the-Go single-serve packets or relax with new Airborne Nighttime.

The product was created in 1997 by a teacher, Victoria Knight-McDowell, to combat germs in the classroom. Knight-McDowell devoted five years to researching natural ways to enhance the immune system.

For more information on ways to fight germs, visit www.AirborneHealth.com. Airborne is also pleased to support music and arts programs in schools through the Airborne Teacher Trust Fund. To learn how your school can participate, or for more information, visit www.AirborneTrust.com.