

Tips For A Healthier Home



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- One of the most effective ways to reduce the risk of food-borne illness is to keep the refrigerator at a constant temperature of 40° F or below to help slow the growth of harmful bacteria. The freezer temperature should be 0° F or below.
- Kids can touch and retouch more than 300 surfaces in just 30 minutes! You can help protect family members by spraying surfaces and objects with a disinfectant such as **LYSOL® Disinfectant Spray** after cleaning.
- You can't predict travel delays or a seasonal cold, but you can be prepared for whatever comes your way with travel-size items such as tissues, hand sanitizer and **LYSOL® Disinfectant Spray** to help make illness prevention even easier.
- Keep raw and ready-to-eat foods separated to help avoid cross-contamination. Disinfect surfaces with an approved disinfectant such as **LYSOL® Dual Action Disinfecting Wipes** to help kill illness-causing bacteria.
- If someone in your family does get sick, stay home from work or school. Regular disinfection will help kill cold- and flu-causing viruses and bacteria before they make anyone in your family sick.
- Educate your children about personal hygiene habits that will help prevent the spread of illness-causing germs at home and in the classroom. Visit www.oopkids.com for related activities.
- Foods are safely cooked when they are heated for a long-enough time and at a high-enough temperature to kill harmful bacteria. Use a food thermometer to reach the temperature recommended for each specific food.
- If you need to cough or sneeze, especially in public, use your elbow to trap the germs rather than your hands to prevent spreading germs to the next surface you touch.
- You can help stop the spread of school germs in your home by cleaning hard and soft surfaces, like book bags, with a product such as **LYSOL® Disinfectant Spray**.
- Help prevent the onset of illness by packing your child's lunch with immune-boosting foods like blueberries, bite-sized veggies, whole grain breads, and plenty of protein.
- Hand washing is especially important when traveling because of the increased likelihood of being exposed to new and unfamiliar germs and viruses. Keep an alcohol-based gel on hand, in case soap and water aren't readily available.
- Prepare a nutritious breakfast every morning to help jump start the day and keep your children healthy and alert during the school year. Try eggs and fruit as opposed to sugared cereals or processed foods.



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