



\$25,000
+ other prizes
awarded!

Healthy Habits Story Writing Contest Handbook



EXPLORE INSIDE FOR WAYS YOUR
SCHOOL CAN TEACH HEALTHY HABITS.

Dear Teacher,

Welcome to the **LYSOL® Healthy Habits Program** — an initiative to help build healthier communities as part of the **LYSOL® Mission for Health**. This program for schools is designed to motivate students and their families to strive for good health habits and includes digital



resources such as classroom curriculum that are designed to reinforce healthier habits at school and at home. Plus, we are **awarding \$25,000 in prizes** to schools during our **Healthy Habits Story Writing Contest**. Our mission is the same as yours — to help keep kids healthy so they can come to school and learn. When that mission is accomplished, we all win.



Meet Dr. Jana

In addition to being the mother of three children, Dr. Laura Jana, M.D., F.A.A.P. is a board certified pediatrician, Fellow of the American Academy of Pediatrics, owner of an educational childcare center, and co-founder of The Dr. Spock Company, where she served as a writer, reviewer, program creator and advisor on a range of pediatric and parenting-related projects. Dr. Jana was a consultant to Dr. Benjamin Spock for the seventh edition of *Dr. Spock's Baby and Child Care*, published in 1998. She is also the author of two parenting books, *Heading Home with Your Newborn* and *Food Fights*, and frequently shares her reality-style parenting advice with academic institutions, parenting magazines and media outlets, including CNN, The Today Show and NPR's The Parent's Journal.

"As a physician, the mother of school-age children, and as a health communicator with a longstanding interest in both education and health promotion, I am excited to partner with LYSOL® and share my expertise with you throughout the LYSOL® Healthy Habits Program."

Look for Dr. Jana's Health Tips on page 9 of this handbook. See pages 10 and 11 for helpful Q&A and tips for teaching good hygiene in the classroom. Photocopy page 12 and provide parents with the *Family Guide to Good Hygiene in the Home*.

Did You Know?

- ✓ 22 million school days are lost every year due to the common cold.*
- ✓ Children have about 6 to 10 colds a year.*
- ✓ In families with children in school, the number of colds per child can be as high as 12.*
- ✓ Children are two to three times more likely than adults to get sick with the flu, and children frequently spread the virus to others.*
- ✓ Cold & flu viruses are a leading cause of doctor's visits and children missing school.*
- ✓ In the course of a year, people in the United States suffer 1 billion colds.*
- ✓ The flu virus can live on surfaces for up to 48 hours.**
- ✓ During the flu season, 59% of surfaces in homes can be contaminated with the flu virus.**
- ✓ The flu virus can travel up to twelve feet through the air at 100 mph.*



* Centers for Disease Control and Prevention (www.cdc.gov/)

** "The Occurrence of Influenza A virus on Household and Day Care Center Fomites"; S.A. Boone, C.P. Gerba, Journal of Infection, 2004 (<http://www.ncbi.nlm.nih.gov/pubmed/16038759>)



Healthy Habits Story Writing Contest

YOUR CLASS CAN PARTICIPATE! HERE'S HOW IT WORKS:

1. Detach the **Healthy Habits Story Writing Contest** submission form (see page 7) and complete all fields.
2. Complete the "Healthy Habits Story Writing" lesson plan (see pages 5-6) with your class.
3. Mail your **Healthy Habits Story Writing Contest** submission form and classroom Healthy Habits Storybook to Scholastic: **LYSOL® Healthy Habits Story Writing Contest, 557 Broadway, PO Box 711, New York, NY 10013.** *All entries must be postmarked by November 16, 2012.*
4. Winners will be selected based on the criteria outlined in the "Healthy Habits Story Writing" lesson plan (refer to #7 in the lesson plan).
5. Register on scholastic.com/Lysol/register to receive contest updates and important reminders.

WHAT YOU CAN WIN:

GRAND PRIZE	\$10,000
2nd Prize	\$5,000
3rd Prize	\$2,500
15 runners up	\$500 each
TOTAL PRIZES	\$25,000

PLUS 25 Scholastic books will be awarded to each of the 18 winning classrooms and a FREE book given to the first 1,000 teachers who submit a valid entry.



LYSOL® HEALTHY HABITS STORY WRITING CONTEST ABBREVIATED RULES. SEE ONLINE FOR FULL RULES.

NO PURCHASE NECESSARY TO ENTER OR WIN. The Contest is open only to public, accredited private schools and home schools in compliance with their state of residence that are located in the 50 United States (including the District of Columbia) and have any or all of the following grades: PreK – 6th (a "School"). The Contest entries on behalf of the School shall be submitted by a teacher of one of the above grades in a School, who is a legal resident of the United States, is currently over the age of 18 and is authorized by the School to participate in the Contest on behalf of the entering School. The Contest begins September 1, 2012, 12:00 a.m. EST and all entries must be postmarked by November 16, 2012, 11:59 p.m. EST. The entries must be original compositions. To enter, a teacher (as described above) shall complete the Healthy Habits Story Writing Contest Submission Form and create a Healthy Habits Storybook with their class and submit both to Scholastic, postmarked by November 16, 2012. Mail to: **Lysol Healthy Habits Story Writing Contest**, 557 Broadway, PO Box 711; New York, NY 10013. The Grand Prize Winner Classroom will receive \$10,000, the 2nd Prize Winner will receive \$5,000, the 3rd Prize Winner will receive \$2,500 and 15 Runners Up will receive \$500. All 18 winning Schools will also receive twenty-five (25) Scholastic books for the classrooms that submitted the winning entries. Approximate total retail value of all prizes for the LYSOL Healthy Habits Story Writing Contest: \$37,325. Teachers who submit complete entries will receive a free grade appropriate Scholastic book for use in their classroom (estimated retail value: \$8.50). This book giveaway offer begins on September 1, 2012 and ends at (a) the time at which the first One Thousand (1,000) books have been awarded or (b) November 16, 2012, whichever occurs earlier. Void where prohibited or restricted by law. For further details and Official Rules, visit www.scholastic.com/lysol.



Mission for Health

To learn more about how LYSOL® is helping schools and families everywhere, visit lysol.com/schools



Healthy Habits Story Writing Contest

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ATTENTION TEACHERS!

Cash for your school and help
earn books for your classroom!

To reward classrooms (and schools) who have mastered healthy habits, **LYSOL®** is hosting a **Healthy Habits Story Writing Contest** for **\$25,000 in total cash prizes** and Scholastic book packs to all winners. PLUS, the first 1,000 teachers to submit a valid entry will receive a free book for their classroom!

HERE'S HOW YOU CAN PARTICIPATE:

1. Download the **LYSOL® Healthy Habits Story Writing Contest Handbook** (available at Scholastic.com/LYSOL).
2. Complete the **Healthy Habits Story Writing Contest Submission Form**.
3. Complete the **Healthy Habits Story Writing Contest Lesson Plan** with your students and create a **Classroom Healthy Habits Storybook**.
4. Submit your completed Submission Form and **Classroom Healthy Habits Storybook** to Scholastic (all entries must be postmarked by November 16, 2012).

Visit Scholastic.com/LYSOL for important contest details as well as Healthy Habits lesson plans to incorporate into your wellness curriculum.



SPREAD THE WORD! Encourage the whole school to get involved in order to improve your school's chance of winning!

WHAT YOU CAN WIN:

GRAND PRIZE \$10,000

2nd Prize \$5,000

3rd Prize. \$2,500

15 runners up. \$500 each

TOTAL PRIZES \$25,000

PLUS 25 Scholastic books will be awarded to each of the 18 winning classrooms and a FREE book given to the first 1,000 teachers who submit a valid entry.

Good luck and thanks for doing your part to help keep your students healthy!

Healthy Habits Story
Writing Contest

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Healthy Habits Story Writing Lesson Plan

SKILLS & OBJECTIVES

- Uses the skills and strategies of the writing process
- Uses strategies to organize written work (e.g., includes a beginning, middle, and ending; uses a sequence of events)
- Writes for different purposes (e.g., to entertain, inform, learn, communicate ideas)
- Uses drawings to express thoughts, feelings, and ideas



Students collaborate on creative stories with a beginning, middle, and end that reinforce healthy habits.

BEFORE YOU START YOUR STORY

Review some basic facts about how germs spread, the importance of washing hands, and other healthy habits that help you stay well. Refer to pages 10 and 11 in this Handbook for helpful information on teaching good hygiene in the classroom, and page 9 for additional resources to learn more about germs.

Consider sharing these points with your class and brainstorming other stay-healthy tips:

GERM FACTS

- ✓ Germs are too tiny to see without a microscope.
- ✓ Invisible, illness-causing germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks and tables.
- ✓ Germs can spread and make us sick when a person touches something that has germs on it and then touches their eyes, nose or mouth.
- ✓ Germs can also spread when a sick person coughs or sneezes into their hands and then touches shared surfaces.

THE IMPORTANCE OF HAND WASHING

- ✓ Cleaning with soap and water removes dirt and most of the germs from hands and other surfaces.
- ✓ Wash hands for at least 20 seconds (long enough to sing Happy Birthday twice!)
- ✓ Wash hands before every meal, after using the bathroom, and after playing outside to get rid of germs.

HEALTHY HABITS THAT KEEP US WELL

- ✓ Practice the “elbow” cough and sneeze (using your elbows instead of your hands to cover your mouth when you cough or sneeze).
- ✓ Cover your mouths and noses with a tissue when you cough or sneeze and then immediately throw it away and wash hands.
- ✓ Leave book bags, shoes and coats at the door when you walk inside.
- ✓ Eat a well-balanced diet that includes plenty of fruits, vegetables, whole grains, calcium, and protein to help your growing bodies get the nutrients you need to stay healthy all school year.
- ✓ Eat a good breakfast to start the school day off right.
- ✓ Get plenty of sleep to help stay healthy.



Healthy Habits Story Writing Lesson Plan

WRITING YOUR STORY

1 Next, tell your class that you are going to create a class story that has a message about Healthy Habits like hand washing and preventing the spread of germs. Explain that the stories will be a group effort and that you will enter at least one of the stories in a contest to win great prizes for your class.

2 Review the elements of a good story with your class and tell them that their stories must have a beginning, middle, and end.

3 Divide your class into small groups of 3-5 students and have each person in the groups select a story starter. Students may also come up with their own "germ" of an idea!

ONCE UPON A-AH-AH-CHOO!

Whenever Mr. Fuzzle tried to bake bread, he ended up with flour dust everywhere. The problem was that the powdery flour made Mr. Fuzzle's muzzle twitch, which made it itch. And that always made him sneeze. *[Hint: maybe the customers in the bakery find out about Mr. Fuzzle's germ sneezes and stop buying his bread. What will Mr. Fuzzle do?]*

THE HAND MADE TALE

According to my cousin Bess, the only way to create something home grown, hand sewn, personally painted, or custom crafted is to make a giant mess! *[Hint: maybe Bess becomes so overwhelmed by her creative messes that she can't tell a crayon from a carrot. It gets so bad that she creates a tissue paper flower bouquet from USED tissues and gets terribly sick. Who will help her out of this very unhealthy situation?]*

THE ADVENTURES OF HEALTHY STEALTHY

It was a brisk October evening, when Henry wandered into his neighbor's garden and spotted the oddest pumpkin he had ever seen... *[Hint: maybe this pumpkin has magic powers and turns Henry into a Healthy Habits superhero who performs super secret feats of germ busting.]*

4 Ask questions that prompt students to think of ideas for their stories.

WHO? Think of possible characters to include in the story.

WHERE? In what setting does the story take place? Are there a variety of settings involved?

WHEN? What is the time period of your story: present day, the future, the past, or a combination?

WHAT? What is going to happen in the story? What is the problem or conflict?

WHY? What is the purpose of the story: to educate and inform, to entertain, or a combination? What response do you want from the reader: to make them laugh, cry, or understand a different viewpoint or opinion?

HOW? How is the problem or conflict resolved?

5 To start, instruct each student to write only the beginning of their story, using one of the story starter suggestions or their own original story idea. Once the beginnings are written, have students pass them on to the next person in their group who writes only the middle. The story is passed again to a third student who writes the end of the story. The completed story can be passed several more times so the group can draw illustrations, title page, etc. (Make sure each student has a chance to write a beginning, middle, end, and to draw illustrations.)

You may use a timer to keep things moving if necessary. You may also wish to modify the activity for younger grades, having them create a story in pictures rather than words.

6 Have groups select their favorite stories to read aloud to the class and then have a vote to select the story or stories you plan

to enter into the **Healthy Habits Story Writing Contest**. You may submit original drafts, or you may decide, as a class, to revise and polish stories and illustrations for submission.

7 When selecting story submissions, keep in mind the following judging criteria checklist:

- ✓ Story has a clear beginning, middle, and end.
- ✓ Story offers information or good advice about healthy habits, such as how to keep germs from spreading, the importance of hand washing, or other healthy behaviors.
- ✓ Story includes original illustrations that support the narrative.
- ✓ Story is engaging, clever, and fun to read.
- ✓ Story and drawings are neat and free from errors.
- ✓ Stories include no fewer than 4 pages, no more than 12 pages of text and illustrations, plus optional cover page.



Mail your classroom **Healthy Habits Storybook** to Scholastic along with your completed **Healthy Habits Story Writing Contest** submission form. **Entries must be postmarked by November 16th, 2012**

Healthy Habits Story Writing Contest Submission Form

TEACHERS: Detach this Submission Form, complete all fields and mail to Scholastic along with your classroom **Healthy Habits Storybook**.

Entries must be postmarked by November 16th, 2012.



Healthy Habits Story Writing Contest

TEACHER NAME

TEACHER PHONE NUMBER

TEACHER EMAIL ADDRESS

GRADE

SCHOOL NAME

SCHOOL ADDRESS



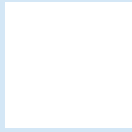
Healthy Habits Story Writing Contest Checklist



Detach the **Healthy Habits Story Writing Contest Submission Form** (see page 7) and complete all fields



Complete the **Healthy Habits Story Writing Contest Lesson Plan** (see pages 5-6) with your class



Submit your completed Submission Form and classroom Healthy Habits Storybook to Scholastic: **LYSOL® Healthy Habits Story Writing Contest**, 557 Broadway, PO Box 711, New York, NY 10013. **All entries must be postmarked by November 16th, 2012.**



Also, don't forget to incorporate Healthy Habits lessons into your wellness curriculum (lesson plans can be found at scholastic.com/Lysol/lessons or Lysol.com/schools)

That's all you need to do! Good luck and thanks for doing your part to help keep your students healthy!



Resources for Teachers & Parents

Recommended Books



Germs Are Not For Sharing

by Elizabeth Verdick; illustrated by Marieka Heinlen
Achoo! Cough! F-L-U-S-H! What to do? Rather than focus on what germs are, this book teaches the basics of not spreading them: Cover up a sneeze or cough. Hug or blow kisses when you're sick. And most of all, wash your hands! Child-friendly words and full-color illustrations help little ones stay clean and healthy. Includes tips and ideas for parents and caregivers.



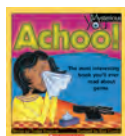
I'm a Booger...Treat Me With Respect!

by Julia Cook; illustrated by Carson Cook
Boogie knows that most people think he's gross, and some people even call him a snot. But he doesn't feel bad because he helps teach children about health, hygiene, and how to keep from getting sick!



The Giant Germ

by Anne Capeci; illustrated by John Speirs
In this Magic School Bus Science Chapter Book (Book #6), Keesha learns that tiny things can have huge effects when she and her friends find themselves face-to-face with a giant germ. Before long, their picnic in the park turns into a tour of the world of microbes.



Achoo! by Trudee Romanek; illustrated by Rose Cowles
In this installment of the Mysterious You Series, readers discover some astonishing facts. Did You Know?

- In just eight hours, a single bacterium in your body can multiply to 17 million!
- The mucus membranes of the human nose and throat make nearly one cup of slippery, sticky snot every day.
- George Washington caught a cold and died — not from the illness but from the crazy mixture of “cures” that his doctors inflicted on him.

Healthy Habits Curriculum

Visit <http://www.scholastic.com/lysol/lessons> or <http://www.lysol.com/schools>

Helpful Links to Learn More About Germs

CDC Germ Stopper Resources

<http://www.cdc.gov/germstopper/resources.htm>

The CDC and its partner agencies and organizations offer a great deal of information for families about hand washing and other ways to stay healthy and avoid the germs that cause flu, the common cold and other illnesses.

HAND HYGIENE SAVES LIVES!

<http://www.cdc.gov/Features/HandHygiene/>

AN OUNCE OF PREVENTION

<http://www.cdc.gov/ounceofprevention/>

PREVENTING THE SPREAD OF GERMS

<http://www2.scholastic.com/browse/article.jsp?id=1453>

For a wealth of helpful germ-fighting content for families, **LYSOL.com** maintains a vast archive of actionable information. Try these links on **LYSOL.com** to help keep your home free from germs and your family healthy.

LYSOL'S® GERM INFORMATION CENTER

www.Lysol.com/healthy-families/cleaning-and-disinfecting

Access a FREE Healthy Habits Activity Booklet for Kids, plus many other helpful resources for moms.

LYSOL® BACK-TO-SCHOOL INFORMATION CENTER

www.Lysol.com/healthy-families/healthy-kids

Contests, tips, information, coupons and more at this must-visit Back to School Information Center.

HEALTHY FAMILIES www.Lysol.com/healthy-families

Important pointers to help protect your family from H1N1 (Swine Flu) and other harmful germs that can enter your home.

KIDZ ZONE www.Lysol.com/KidzZone

Resources to share with your children to help reinforce healthy habits.

OOPKIDS www.oopkids.com

Games, activities, puzzles and other fun things your child can do to learn important information about germs.



Dr. Jana's Healthy Tips

The **LYSOL®** brand has teamed up with Dr. Laura Jana, a pediatrician, author, mother of three school-aged-children and owner of an educational child care center, to lend her expert advice to the program. Check out Dr. Jana's tips for a happy and healthy school year.

Wash Those Hands

Teach your children about the

importance of hand washing before every meal, after using the bathroom and after playing outside.

Regularly Disinfect Surfaces

Germs can spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks and tables.

Send School Germs Packing

Encourage your children to drop their book bags, take off their shoes and leave their coats at the door when they walk in. Send them straight to the sink to wash their hands for at least 20 seconds (long enough to sing *Happy Birthday* twice!).

Serve Healthy Meals

Give kids plenty of high protein foods, fruits, vegetables and vitamins to give their bodies the defenses they need. A good breakfast is especially important to start their school day off right.

Drink Fluids

Limit Sugary drinks. Offer water or milk to stay hydrated.

Cover Noses and Mouths

Show children how to do the “elbow” cough and sneeze (using their elbows to cover their mouths). Or, show them how to cover their mouths and noses with a tissue, then immediately throw it away and wash their hands.



A Teachers Guide to Good Hygiene in the Classroom

Overview of Germs and Common Illnesses in Children:

- Common respiratory infections often result in coughs and colds that are relatively harmless and do not require treatment.
- When children are first exposed to germs in a group setting (e.g., child care/school), their immune systems are still developing and may take time to respond to common germs that cause infection.
- When older children first enter group settings (e.g., kids entering school who haven't been in child care), they're more likely to get frequent infections in the first few years than their classmates.



Q&A with Dr. Laura Jana Renowned pediatrician and author

Q: With a classroom full of students, do I need to worry that germs are being spread everywhere?

A: Germs are all around us, including in the classroom. But rather than worrying about all germs, simply focus your efforts on limiting the spread of illness-causing germs. Since these germs are often spread on hands, and there are so many pairs of hands in the typical classroom, it makes the best sense to focus your germ-fighting attention on handwashing and areas around the classroom most likely to come in contact with unwashed hands

Q: Where are germs most likely to be found?

A: In general, germs like warm, moist places. They tend to live in body fluids (think respiratory droplets coughed into the air or into one's hands and/or runny noses, for example) and sometimes in foods. Germs can also survive on surfaces.

Q: How long can germs survive on surfaces like tables and door handles?

A: According to the CDC¹, we know that some viruses and bacteria can live for two or more hours on surfaces like tables, doorknobs and desks. In some instances, germs can live on surfaces for much longer — not just hours, but even days. That means that hands used to cover a cough or rub a nose, or a used tissue set on a table, can easily leave behind illness-causing germs.

Q: Where are germs most likely to be found around the classroom?

A: In addition to focusing on any areas in the classroom where germs are most likely to thrive, such as around the sink or other moist areas, it also helps to focus on "high-traffic" areas of the classroom. These are simply the commonly touched surfaces in the classroom that are most likely to come in frequent contact with unwashed students' (and adults') hands throughout the day, such as door handles, sink handles and even tables.

Q: How important is it to limit the spread of illness-causing germs?

A: Children average 6 to 10 colds a year, and common colds are to blame for an estimated 22 million lost school days a year in the United States². Efforts to limit the spread of germs in the classroom, where children (and teachers) are inherently in close contact for many hours a day, is therefore considered a very effective way to combat the common cold and illness-causing germs.

Visit www.lysol.com/schools and www.cdc.gov for more information on preventing germs in the classroom and at home



Tips for Teaching Hygiene in the Classroom

- To help keep students from spreading illness-causing germs, the best thing to do is focus on simple, effective measures that we know work to limit the spread of germs. In the classroom, you can include such simple yet effective measures as making sure students routinely wash their hands, cover their coughs (with their arms rather than their hands), dispose of tissues rather than leaving them sitting around, and don't share cups or utensils.



- Handwashing is one of the best ways to prevent the spread of germs in a classroom. While a quick rinse may suffice for washing paint off one's hands, soap and water is a must when it comes to getting rid of germs. To effectively wash away germs, be sure to teach your students to scrub in-between fingers, under nails, and on both sides of their hands and make sure they do so for at least 15 to 20 seconds (the time it typically takes to hum "Happy Birthday" twice).
- Focus your classroom's handwashing routines on the key times your students' hands are most likely to be germ. These include after going to the bathroom; after blowing noses, coughing, or sneezing; after playing outside; after touching used tissues or other contaminated surfaces; after touching a class pet; and/or after touching garbage. Consider having your students wash their hands more frequently when there's more illness going around.
- When soap and water are not available, however, alcohol-based hand sanitizers with at least 60 percent alcohol can help in some situations to decrease the number of germs on hands. Just be aware that hand sanitizers are not effective when hands are visibly dirty.
- Cleaning and disinfecting are part of a broad approach to preventing infectious diseases in schools, as reinforced by the CDC.³ While cleaning is important for physically removing dirt and germs from objects or surfaces in the classroom, it does not actually kill germs. Disinfecting wipes can be a practical way to target and kill illness-causing germs in the classroom. For the sake of both safety and effectiveness, always use EPA-registered disinfectants, including disinfecting wipes, and be sure to use them according to the instructions on the label. Focus on wiping frequently-touched surfaces in the classroom, such as door handles, sink handles, and even tables and chairs.



A Family Guide to Good Hygiene in the Home

Overview of Germs and Common Illnesses in Children:

- Common respiratory infections often result in coughs and colds that are relatively harmless and do not require treatment.
- When children are first exposed to germs in a group setting (e.g., child care/school), their immune systems are still developing and may take time to respond to common germs that cause infection.
- When older children first enter group settings (e.g., kids entering school who haven't been in child care), they're more likely to get frequent infections in the first few years than their classmates.



Q&A with Dr. Laura Jana *Renowned pediatrician and author*

Q: Why does my child get sick so often, especially during the school year?

A: Common colds are blamed for an estimated 22 million lost school days a year in the United States¹ and children average 6 to 10 colds a year (as compared to 2 to 4 for adults). Germs are everywhere, especially in schools, and it's impossible to avoid them. However, there are plenty of things parents can do to help keep illness-causing germs at bay and ensure children stay healthy throughout the school year.

Q: What is the best way to keep my child from getting sick?

A: The Centers for Disease Control and Prevention (CDC) has some great tips for preventing illness, which include:² washing hands frequently (especially after using the bathroom), using antibiotics appropriately, making sure your child is fully vaccinated, routinely cleaning and disinfecting commonly-touched surfaces and handling and preparing food safely.

Q: What can I do to keep my child from bringing germs from school into the home?

A: Germs like warm, moist places and live in body fluids, foods and on surfaces. In fact, studies have shown that germs can live on surfaces for more than two hours. Encourage your child to wash his or her hands as soon as he or she gets home from school, and clean and disinfect high-traffic areas of contamination (such as door handles, toilets, faucets and tables). Teach your child healthy habits for the classroom and give them supplies such as sanitizers, tissues and disinfecting wipes (check with your child's teacher first). Also, don't forget to take your child for routine immunizations, including the annual flu vaccine.

Q: How do I know if my child is sick enough to be kept home from school?

A: Make sure you are familiar with school policies regarding when children need to be sent or kept home from school due to illness. If your school doesn't have a policy, refer to the American Academy of Pediatrics' three key criteria for exclusion of ill children from the school setting:³ 1) when a child isn't able to participate comfortably in activities, 2) when a child requires more care than a teacher can reasonably offer, and 3) when a child poses a risk of spreading harmful diseases.

Q: If my child does get sick, is there anything I can do to prevent the rest of my family from getting sick too?

A: Whenever you have a sick child at home, it's a good idea to avoid direct contact with your child's mucus, saliva or other body fluids. Also, make sure you (and others) wash your hands with soap and water after direct contact with your sick child or his/her germs, avoid sharing cups or eating utensils, and disinfect any potentially contaminated surfaces.

Visit www.lysol.com/schools and www.cdc.gov for more information on preventing germs in the home and the classroom

¹ Centers for Disease Control and Prevention (CDC). Vital Health and Statistics Current Estimates from the National Health Interview Survey, 1996.

² Centers for Disease Control and Prevention (CDC). Ounce of Prevention. http://www.cdc.gov/ounceofprevention/docs/oup_poster_eng.pdf

³ Aronson, Susan S., American Academy of Pediatrics, Managing Infectious Diseases in Child Care and Schools. September 2008.