



# Blue Ribbon

## PARENT PLEDGE

**I pledge to keep my family healthy so that my child can be his/her best at school every day. By joining the LYSOL® Blue Ribbon School Attendance Challenge, I pledge to:**

1. Understand that good attendance is a major component of my child's success at school.
2. Make school attendance a #1 priority all year long.
3. Get my child to school every day.
4. Teach my child to cough or sneeze into his or her elbow (or a tissue) instead of his hands.
5. Make sure my child tosses used tissues away.
6. Teach my child how to wash hands with soap and water — especially before snacks and meals.
7. Help my child get at least 60 minutes of physical activity most days.
8. Serve nutritious meals and snacks for healthy bodies.
9. Remind my child to brush teeth twice a day.
10. Keep scrapes and cuts clean.
11. Clean and disinfect surfaces at home.

**If my child does get sick, I pledge to:**

Keep my child at home until he or she feels better to avoid spreading germs to others.