

Tidbit Times

October 2019

Say 'Boo!' to the Flu!

How to Keep Kids Safe from these Invisible Monsters

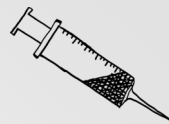
Get them vaccinated! Vaccines help your body build a resistance against viruses so it can fight it off!

Sick kids stay at home! Keep classmates safe and limit the spread! Let your child rest for a speedy recovery!

Wash hands! Stop the spread before it can start. Avoid coughing or sneezing in your hands and touching your mouth or face. Wash your hands often so you don't give germs to others.



Are vaccines safe?



The answer is yes! Vaccines have been protecting people of all ages for years with high success rates. The CDC states that everyone should receive an annual flu vaccine to ensure safety for yourself and others. They are updated every year to match the most common viruses. Vaccinations save lives. Make an appointment with your local clinic today to get your flu shot! For more information visit the CDC website!

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Public Health
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No tricks just treats



Pumpkintines and Boonanas

Supplies:

Clementines, bananas, mini and regular chocolate chips, black sharpie.

How to Pumpkintines:

Draw faces on the clementines to give kids a festive snack. Hand these out to trick or treaters too!

How to Boonanas:

Cut bananas in half and push the pointed end of the mini chocolate chips for the eyes near the top of the banana. Below, put on regular chocolate chip for the mouth of the ghost.

Spooktacular Safety Tips

- Never walk alone, always have a buddy!
- Walk in the crosswalks and side walks.
- Look both ways before crossing the street: right, left, and right.
- Travel on routes with the least amount of traffic.
- Don't eat candy that looks like it's been opened.

Wash your hands, get your vaccine, be a flu fighter!

