

CookChildren's

School-based Telehealth program

Bringing the expertise of Cook Children's to your child's school nurse's office.

Register today at schooltelemed.org

TIPS TO KEEP YOUR KIDS HEALTHY & HAPPY

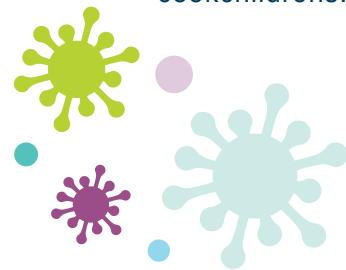
CookChildren's

cookchildrens.org



STAY UP TO DATE
ON YOUR CHILD'S
VACCINATIONS

HAVE ALL FAMILY
MEMBERS GET THE
FLU SHOT
EVERY YEAR



DON'T SPREAD
GERMS-KEEP
HANDS AWAY
FROM FACES



USE YOUR ELBOW TO COVER
YOUR MOUTH WHEN YOU
COUGH & SNEEZE



WASH
HANDS
OFTEN



GET A GOOD
NIGHT'S
SLEEP



FIND A MEDICAL HOME
& SCHEDULE WELL-CHILD
VISITS EACH YEAR



EAT HEALTHY FOOD, LIKE
FRUITS & VEGETABLES,
AND DRINK PLENTY OF

WATER