

Dear Parent,

As a teacher, I'm always looking for ways to create a happy, healthier classroom for my students. One of my priorities is to fight the spread of germs that can cause illness. Although some sick days are inevitable, there's a lot we both can do to minimize the spread of germs and create healthier environments for kids at school — and at home. On the following page, you'll find three easy ways you can help.

Please remember that the best way to keep our classrooms healthy is to follow the Gembuster Rule: If kids are sick, keep them home from school.

With your support and cooperation, we'll all have a happier, healthier school year.

(Teacher's Name)

P.S. For more ideas and information about how to teach kids healthy habits and help stop the spread of germs, visit www.cloroxclassrooms.com.



www.cloroxclassrooms.com

3 ways you can help at home

1 Help prevent the spread of germs that can cause illness in the first place!

To encourage healthy habits at home, teach kids to:

Wash their hands the right way

Make sure kids wash hands frequently with warm water and soap for at least 20 seconds (the time it takes to sing the "Happy Birthday" song twice).



Do the ELBOW COUGH

Teach kids to cough into elbows, not hands — where they're more likely to spread bacteria and viruses through touch.

Disinfect household "hot spots"

Help prevent the spread of germs by using Clorox® Disinfecting Wipes as directed to disinfect germ hot spots in your home:

- Phones
- Light switches
- Doorknobs
- Refrigerator handles
- Kitchen / bathroom sink faucets

When kids are sick, their clothes are too and can spread viruses and bacteria in the wash. But there's an easy way to help reduce the amount of germs on laundry day. Run an empty load in your washer with $\frac{3}{4}$ cup Clorox® Regular-Bleach to disinfect.

Donate Clorox® Disinfecting Wipes at the start of flu season

Help me keep the classroom clean and disinfected by donating disinfecting wipes. Look for disinfecting wipes that kill 99.9% of germs that can cause colds and flu.*

2 Make a "sick plan" — and stick to it

It's inevitable: Kids get sick. Children typically get 6 to 10 colds a year, and 80% of parents say they've missed work to care for them. That's why it's so important to have a childcare plan in place before kids get sick. To make yours:

Authorize a caregiver

Designate someone else who can pick up your child from school or make medical decisions in your absence in case you're unable to.

Make arrangements at work

Talk to your supervisor at work about whether you'll be able to leave work to pick up a sick child, or whether you can work from home temporarily if you have to care for the child there. You'll save a lot of frustration on both sides if you work out a plan in advance.

Take turns

Share the responsibility of caring for sick kids with your spouse, friends and other family members. By taking turns, you won't have to bear the full burden of doctor's visits, sick days and missed work.

With your "sick plan" in place, you won't have to scramble when the inevitable happens.

3 Care for sick kids at home

Giving children time to rest and recuperate at home isn't just good for their health, it's good for all of us. Germs are spread by touch — and kids can touch an average of 300 surfaces in 30 minutes — so it's easy to see how quickly those illness-causing germs can spread around the classroom.

Ask school before donating. Adult delivery only.

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*Use as directed on hard, non porous surfaces.



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