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Mind Your Cold: Tips for when you get sick!

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Community Plan



1.

Drink.

Sometimes when we get sick, we don't want to eat or drink anything! But our bodies still need water and juice to stay hydrated. Being hydrated means to have enough water in our bodies so that our bodies can do all the work they need to do to get better. So make sure you drink water or juice often when you are sick. If you have a sore throat, sometimes fruit smoothies can feel really nice.

2.

Rest.

Your body is doing extra work to get you better! It is okay to take time to rest. Grab a comfy spot on the couch or in bed with your favorite blanket and read books or watch movies! Even better: take a nap! Taking time off will let your body concentrate on getting better faster.

The recommended daily amount of fluids is:

- 5 glasses (1 liter) for 5- to 8-year-olds.
- 7 glasses (1.5 liters) for 9- to 12-year-olds.
- 8 to 10 glasses (2 liters) for 13+ years.



3.

Take a bath.

Stay clean and comfy when you are sick. It feels good to stay in pajamas, but make sure you are still taking a bath or shower and putting on clean clothes.

4.

Cover your mouth.

We don't like being sick and neither does anyone else! To help make sure you don't pass your cold on to your family and friends, make sure you cover your mouth when you cough or sneeze. A good way to make sure you are blocking all your germs is to cough or sneeze like Count Dracula—into your elbow.

5.

Use plenty of tissues.

Sometimes when we get sick, we get more snot in our noses, yuck! We might get runny noses, or stuffy noses and it can be really hard to breathe. Make sure you use tissues to block your germs, and throw them away and wash your hands after.



6.

Wash your hands.

When you are sick you have germs that might be contagious to others. Washing your hands takes those germs away. Try and wash your hands more often when you are sick, especially after you sneeze, or cough, and before and after you eat.

7.

Go see your doctor.

Sometimes we need medicines when we get sick. Your doctor will know if this is the case.

Daily Water Tracker

When we are sick it is super important to drink plenty of water. But really, it is very important to drink water all the time. Did you know that if you don't drink enough water, you can start to feel sick? You can get a headache or even feel really tired!

Did you drink enough water today? Let's see if you have what it takes to stay properly hydrated so that your body can do all the work it needs to do for you to grow. For the next week, track how many glasses of water you have each day.

	Total glasses of water:			
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



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