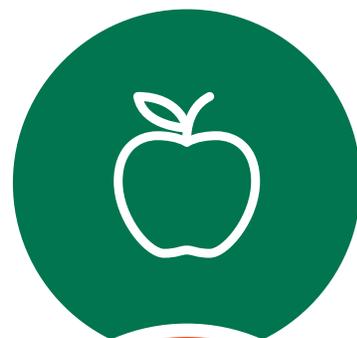


Keep Your Child Healthy: Especially Important During COVID-19

There's no quick "boost" to better health. It takes time, balance and consistency to fight off infections – whether COVID-19, flu or seasonal colds.

- **Eat Healthy.** Diets that consistently include plenty of fresh fruits and green, leafy vegetables can keep us healthier. Avoid processed foods, refined carbs, sugar and high fat foods.
- **Get Vaccinated.** Make sure your child is up to date on vaccinations. Not sure what your child needs when? The CDC offers a guide at <https://www.cdc.gov/vaccines/index.html>. Also, be sure everyone in your household six months and older gets a flu shot.
- **Get Moving.** Guidelines from the Department of Health and Human Services say children and adolescents age 6 and older need at least an hour a day of physical activity. Most of the hour should be either moderate or vigorous aerobic activity.
- **Get Enough Sleep.** School-aged children (6-13 years) need 9-11 hours of sleep per night and teenagers (14-17 years) need 8-10 hours according to the Sleep Foundation.



Practicing
healthy
habits is
always
important –
especially
now.