

# KEEPING OUR DAY CARE HEALTHY!

## 1 WASH YOUR HANDS



Wash often with soap & warm water!  
Or use hand sanitiser.

## 2 COVER COUGHS & SNEEZES



Use disposable tissues, not hands!

Throw tissues in a closed-top bin. Then, wash hands again.



## 3 STAY HOME IF SICK



If you feel unwell, please stay home. Protect others, especially young children and elders.

## 4 KEEP SURFACES CLEAN



Clean often with warm water & detergent.  
\*Avoid antibacterial cleaners to prevent resistance.

## 5 EAT HEALTHY & BALANCED

TRY SOME NUTRIENT PACKED RECIPES!



Feed your body nutritious foods.  
High in vitamins, protein & fibre.  
Low in sugar.

Stay strong all year!

