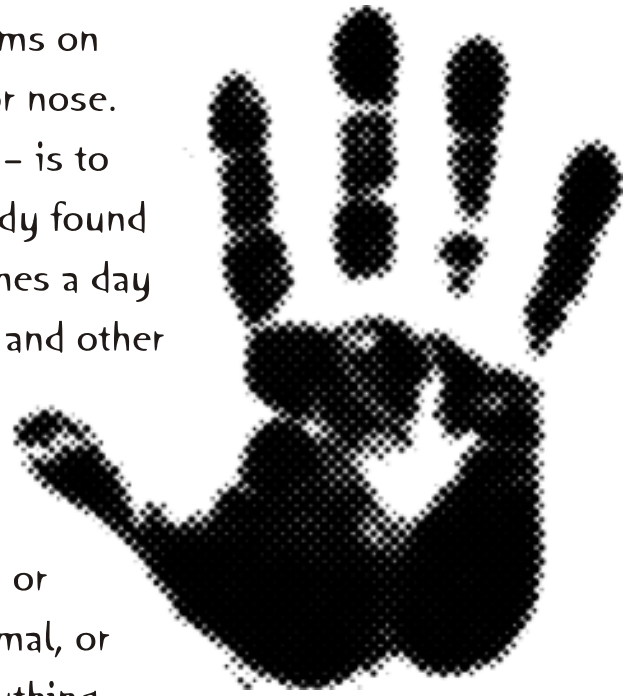


HANDS DOWN.

The single easiest way to get sick is by getting germs on your hands and then touching your eyes, mouth, or nose. The single best way to stay healthy – hands down – is to **wash your hands often**. How often? Well, one study found that students who washed their hands at least 4 times a day **missed nearly 40% fewer days of school** for colds and other illnesses. But that doesn't mean you should stop at 4 times. Wash your hands whenever you



the big number

38

Kids who wash their hands at least four times a day have an average of 38% fewer sick days

use the bathroom, or pet an animal, or handle anything that might be dirty (like a football or someone else's mp3 player), or before and after handling and preparing food or eating. Wash for **at least 20 seconds** with hot, soapy water. Wash your entire hands, including the backs of your hands and between your fingers. And dry with a clean towel or disposable paper towel. **Sometimes the simplest habits can contribute the most to your wellness!**

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

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