

# HEALTHY *Habits*

Presented by LYSOL® in collaboration with NEA and National PTA

## Introduction to Healthy Habits



Dear Parent, Teacher or Administrator:

Every day a child is absent from school, he or she misses out on valuable educational programs. Yet schools often contribute to absenteeism through the spread of illness, since students are in close contact all day, using the same door handles, desks and lunch tables.

The good news? Teaching hand hygiene in schools has been shown to reduce absenteeism among students and illnesses in their families!

The Centers for Disease Control and Prevention (CDC) knows the importance of educating students about healthy habits like hand washing and cough hygiene, both in the classroom and at home. We support the Healthy Habits Program, developed by Lysol and the following collaborators:

- National Education Association (NEA)
- National Parent Teacher Association (PTA).

The program will kick off during **Healthy Habits Week** beginning on September 21, 2015 and to help your school join in on the fun, Lysol has developed a toolkit with resources that are appropriate and engaging for students of all ages:

- **Ready-to-Use Lesson Plans** that are aligned with current National Educational Standards and give students the opportunity to learn about germs, hand washing and other healthy habits.
- **Free Posters and Literature for the Classroom and Home** to explain and remind students about important healthy behaviors they can practice each day.
- **Parents' Activity Guide** to help parents get their kids excited about practicing healthy habits.
- **Healthy Habits Bus** is an exciting "science museum on wheels" that will visit dozens of schools this year, with fun, interactive exhibits that reinforce good hygiene behaviors.

You can use all of the activities provided in this toolkit collectively or as-needed in the classroom and at home. For more information about the Healthy Habits program, visit [www.Lysol.com/healthyhabits](http://www.Lysol.com/healthyhabits).

We look forward to working with you to help teach students healthy habits that can last a lifetime.

Sincerely,

Michael J. Beach, PhD  
Associate Director for Healthy Water  
National Center for Emerging and Zoonotic Infectious Diseases  
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