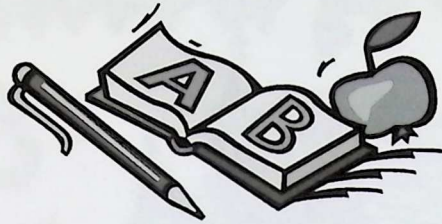


# A Word From Your Community Health Center



## Stay Healthy as you go Back to School

Going back to school means learning new things, meeting new friends, and catching up with old friends. It also means being exposed to germs and viruses. Stay healthy as you go back to school by following these tips:

**Wash your hands frequently** – This is the most important thing you can do to stay healthy!

**Eat a healthy breakfast** – This will help keep your immune system ready to fight off germs.

**Drink plenty of water** – This is a great way to keep yourself mentally alert and ready to learn.

**Exercise** – Playing sports, or even an active game, will keep you fit and healthy.

**Get your Shots** – Staying current on your vaccinations will keep you from getting sick.



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