



What I Learned Today

Dear Family:

Today your child learned about how germs are spread, how to wash hands correctly, and how to cover coughs and sneezes. Children who wash their hands well and often, and who cover their coughs and sneezes, are less likely to get sick with the flu. And they are also less likely to spread illness to others.

Please take the time to look at your child's activity sheets. Use this time to talk with your child about what he or she learned today. Also, please ask your child to **show** you what he or she learned today! You will both have fun.

One of the activity sheets your child brought home today is the ***Clean Hands Club Weekly Hand Washing Chart for Home***. Please use this chart to have your child wash his or her hands often. Please consider hanging this activity sheet near a kitchen or bathroom sink. Thank you.

Sincerely,

