

Safer Healthier Home

An Ounce of Prevention Keeps the Germs Away

Follow these easy and low-cost steps to stop many infectious diseases.



Clean Your Hands Often

Keeping your hands clean is one of the best ways to keep from getting sick and spreading illnesses.



Use Antibiotics Appropriately

Antibiotics don't work against viruses such as colds and flu. Unnecessary antibiotics can be harmful. Antibiotics should be taken exactly as prescribed by your doctor.



Routinely Clean and Disinfect Surfaces

Cleaning with soap, water, and scrubbing *removes* dirt and most germs. However, using a disinfectant cleaner *kills* germs, giving even better protection.



Be Careful with Pets

Pets should be routinely cared for by a vet. Babies and children under age 5 should be watched carefully around pets and animals. Always wash hands after touching animals or animal waste.



Handle and Prepare Food Safely

- Clean hands and surfaces often
- Separate – don't cross-contaminate one food with another
- Cook foods to proper temperatures
- Chill – refrigerate foods promptly



Avoid Contact with Wild Animals

Wild animals can carry deadly diseases and pass them to you and your pets. Keep your house free of wild animals by not leaving any food around. Keep garbage cans sealed.



Get Immunized

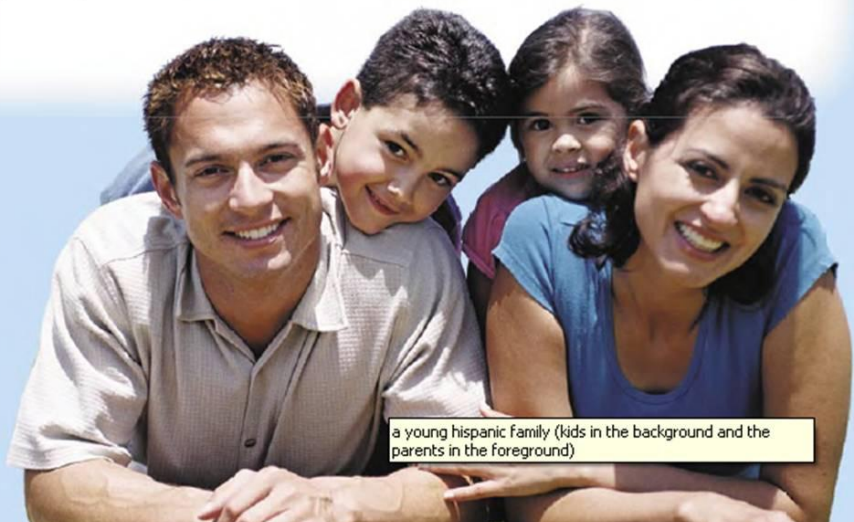
Getting immunizations is easy, low-cost, and saves lives. Make sure you and your kids get the shots suggested by your doctor.

For information about ordering brochures and posters, please visit www.cdc.gov/ounceofprevention



Centers for Disease Control and Prevention
Coordinating Center for Infectious Diseases,
National Center for Infectious Diseases
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SAFER · HEALTHIER · PEOPLE™



a young hispanic family (kids in the background and the parents in the foreground)

Upper School trip to Costa Rica

A Spanish immersion trip to Costa Rica has been organised by the MFL department. The trip is open to students studying Spanish in years 10 through 13. Students will spend 10 days with host families and will take part in language classes and cultural activities. Tours to the hot springs at the Arenal Volcano and the town of La Fortuna and a coffee plantation have been arranged as well.



When? 29 March – 7 April 2012

Cost? \$2,200

(includes airfare, ground transportation, accommodation, breakfast and dinner, tours, classes, and cultural activities)

For more information see Mrs. Adderley in room 64

Book Drive

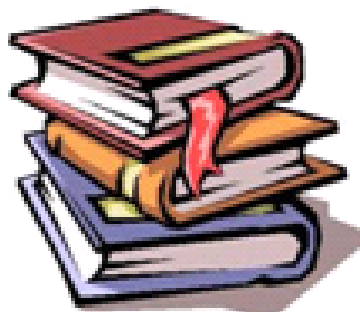
Help donate books

To the less fortunate kids, any book you no longer use, drop them in the library

Requirements

Preferably chapter books, no torn, or missing pages (decent condition), however they are not picky they will greatly appreciate any books they receive

PRATICIPATION WILL LEAD TO APPRECIATION



SCHOOL SHOP

Telephone: 677 7805



Shop Hours:

Mondays, Wednesdays, and Fridays

8:30am – 11:00am

Not opened on days when school offices are closed!



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