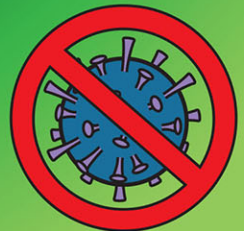


THE ADVENTURES OF  
**PREP &  
PAREY** *Cont.*

**Let's stay healthy together!**

*Join Prep and Parey in making  
the world a healthier place!*





# Help Keep Yourself and Others Around You Healthy!

**Along with Prep & Parey, you can play a big part in keeping yourself and others around you healthy.**

**After Parey became sick at the beginning of the school year, her parents took her to see the doctor who explained how she may have gotten sick, how to help prevent it from happening again, and how to prevent spreading germs to others.**

**Parey learned so much from the doctor, she would like to become one herself someday. But until then, she, along with Prep, are spreading the word in hopes that her family and community will stay healthy.**

**You can do the same!**

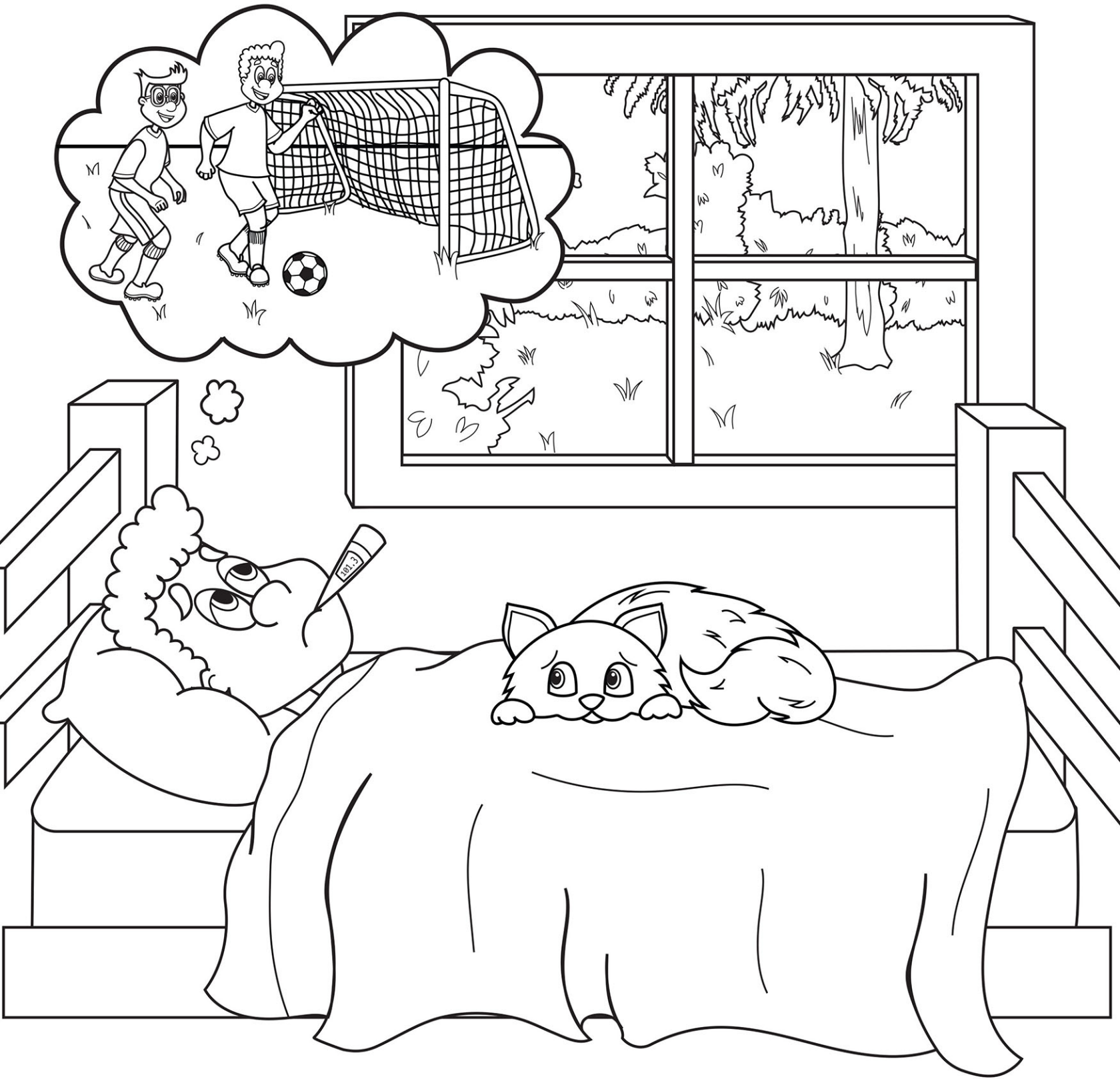


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*Prep and Parey are back to help keep you and  
your family healthy!*





*Your health is very important, luckily there are things you can do to avoid getting sick and spreading germs to others.*



*One of the most important things you can do to stay healthy is to drink lots of water. Juice and sports drinks are good too, but water is best.*





Can Parey come out to play?

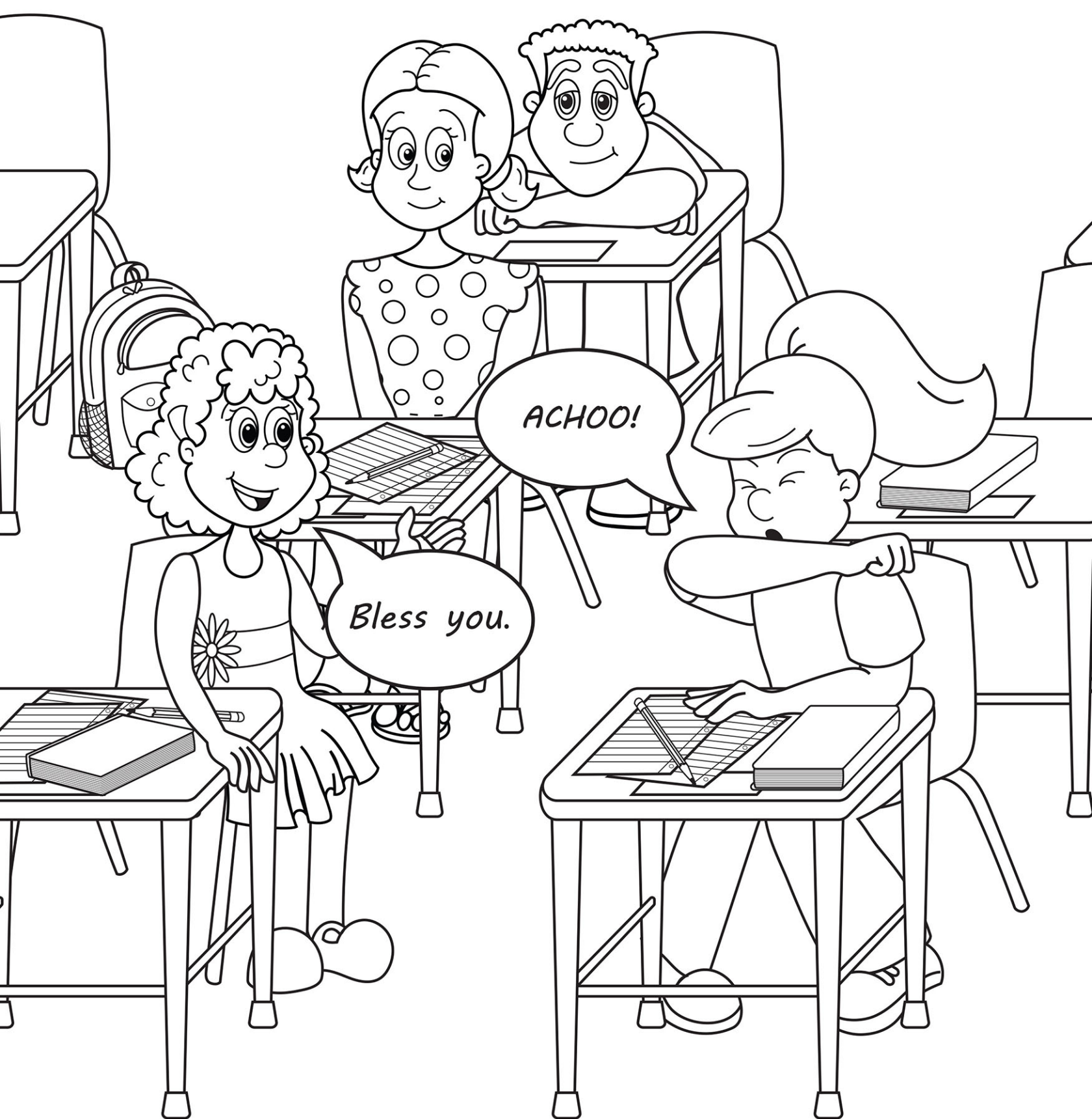
I'm sorry Anna, but Parey isn't feeling well right now.

*Resting is important to allow your body time to fight the illness. You should also stay away from others when you are sick to keep them from getting sick too.*



*Germs get into your body through your mouth, nose and eyes. It is extremely important to wash your hands often. Especially after using the restroom and before and after you eat.*





*Remember to cough and sneeze into your elbow or tissue, not your hand or into the air. This keeps the germs from spreading to other people.*



*Playing isn't just fun, it's healthy too! Exercise and fresh air are good for your immune system, your muscles, your breathing and your heart. So go outside and play, ride a bike, go swimming, jump rope or join a sport.*



*When there is a flu or virus going around, it's a good idea to practice social distancing. This means standing at least 6 feet away from others not living in your home.*





*It's also a good idea to wear a mask that covers your nose and mouth. This keeps germs from reaching others.*



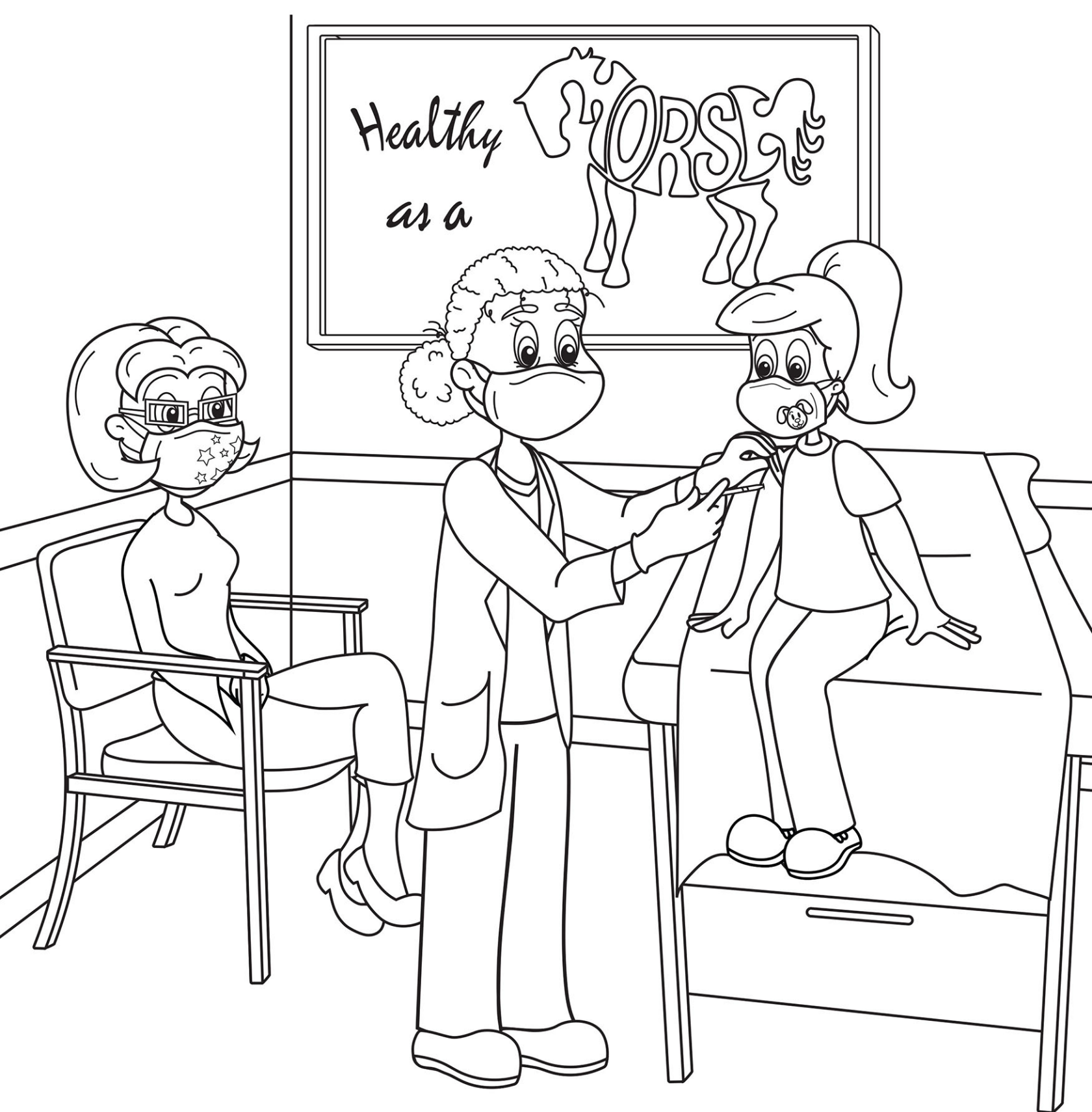


*Eating healthy foods builds a strong immune system. A strong immune system fights off germs so they don't make us sick.*



*Getting enough sleep is extremely important for your health. It helps your body and your mind recover from the day. Follow a nighttime routine and keep your bedtime the same every night.*





*A shot, called a vaccine, can prevent you from getting sick. It might hurt a little, but the pain goes away quickly. Remember, a shot is your best shot at not getting sick.*



*Parents, for more information on children's  
health please visit:  
[www.michigan.gov/MDHHS](http://www.michigan.gov/MDHHS)*



