

keeping your kids healthy this winter



wash hands

- // **Wash your own hands often**, and make sure your kids do the same
- // Kids with good hygiene **miss less school** than kids who don't practice good hygiene
- // Teach your kids to wash their hands:
 - > before and after eating
 - > after coughing or sneezing
 - > after using the restroom
 - > when returning home from school



stay warm

- // **Layer your children's clothing** if they're going out on cold days
- // Keep in mind that the **wind chill** can make it feel colder than the actual temperature
- // Ensure kids take **regular breaks** inside during winter play to warm up



get flu shots

- // An average of 20,000 kids under age 5 go to the hospital because of flu each year
- // Kids with diabetes, asthma and other chronic conditions are **particularly susceptible**
- // Find out from your pediatrician if your child can get the **nasal spray instead of a shot**



eat right

- // Feed your kids **well-balanced meals and healthy snacks** even when you're on-the-go
- // **Vitamins and minerals** can help ward off seasonal illnesses like colds and flus
- // **Ask your pediatrician** if you should be giving your child a multi-vitamin



FAMILY MEDICINE
PEDIATRICS

Same &
Next Day
Appointments
Monday - Friday

Can't wait?



OPEN 7 DAYS A WEEK
ANKENY | WEST DES MOINES

X-RAY / LAB
MINOR TRAUMA

AVERAGE WAIT TIMES
30 MINUTES OR LESS



>>> Schedule Online 24/7 <<<

Easy to access from computer, smart phone or tablet Go to iowaclinic.com and click on **Appointments**.