



Dear Parents and Guardians,

Many absences are brought about by germs and viruses when children are in close contact with one another, for example in the classroom.

Good hygiene and tissue use can help protect children from germs, sickness and missing valuable school time. It could also help avoid the spread of colds and influenza to other members of the family.

The SNEEZESAFE® program is designed for children aged four to twelve. Devised by KLEENEX® Brand Tissues and Australian teachers in 2011, the program encourages children to practise correct respiratory hygiene and tissue use to help reduce the spread of colds, flu and other viruses. All materials are supplied free to teachers.

It has been developed for Australian classrooms. It builds on the Australian Curriculum health and physical education standards for teaching children how to take increasing responsibility for their own health and physical wellbeing.

You too can help your child stay healthy and prevent the spread of germs by reminding them at home of this **simple 1-2-3 message**.



Catch it!

Always use a tissue when you cough or sneeze.



Bin it!

Throw the tissue in the bin as soon as possible.



Wash it!

Wash your hands.

You can help reinforce their learning at school by visiting sneezesafe.com.au. You could also support your child's learning by providing them with a pocket pack of tissues for their school bag, for when the need arises. There is also a useful information page for parents.

Thank you and stay healthy this winter.

