

Be Good to Yourself!

Cold and Flu Prevention

Health Tips for Children

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A.Vogel



Diet

Fresh fruit and vegetables contain helpful antioxidants that the body needs to fight off bugs. Refined sugar interferes with immune function.

VEGETABLES AND FRUITS				
Children			Teens	
2-3 yrs	4-8 yrs	9-13 yrs	14-18 yrs	
Daily Servings				
Girls and boys			Female	Male
4	5	6	7	8

Prevent the bug attack!

Echinaforce Junior fights colds and flu by strengthening the immune system and also relieves symptoms of the common cold and influenza type infections. And kids love the taste of these chewable tablets with a natural, sugar-free orange flavour!



Lifestyle

Sleep is necessary to keep immune systems strong and getting them to bed on time is good for you too! Make sure your children know to keep their hands away from their face: In most cases, the flu virus enters the body through the eyes, nose or mouth! Teach your child how to wash their hands properly. Tell them to count to 20 or sing the song "Twinkle, Twinkle, Little Star" while washing their hands with soap and water.

Make them wash their hands:

- ☐ Before and after eating
- ☐ After being in a public place: kindergarten, school, a friend's house
- ☐ After using the washroom
- ☐ After coughing and sneezing
- ☐ After touching surfaces that may have been contaminated.

Let your children play outside whenever possible:

Fresh air helps them get well faster than any amount of couch time.

- ☐ They breathe better
- ☐ They clear out their systems better
- ☐ They sleep better
- ☐ And thanks to the sunlight, they take their daily dose of vitamin D and are less cranky!

All stuffed up?

Clear the airways with Sinna tablets and do not forget to strengthen the body's resistance to infection with Echinaforce Junior. Turning the central heating up and dosing them with antibiotics will just weaken their immune function in the long term.



Mommy, my throat hurts...

Besides the salt gargle, there is another way to soothe the throat. Santasapina bonbons have been made from Spruce buds, known to be full of healing properties for centuries. Drink a lot of water so that throat membranes remain hydrated and healthy. Cold throat compresses with salt soothe inflammation and pain.

Make sure they drink enough water:

- ☐ 4-8 years old : 1L (approx. 5 glasses)
- ☐ 9-12 years old: 1.5L (approx. 7 glasses)
- ☐ 13 years old and more: 2L (approx. 8-10 glasses)
- ☐ The water rich foods (such as fruits and vegetables) help cover the water needs of the body.