4-H NEWSLETTER

December 2024/January 2025



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THANK YOU'S

Thank you to all of our 4-H volunteers, committee and foundation members, and club leaders who invest your time and energy to help make a positive impact in the lives of youth in Lincoln County.

Thank you as well to all our parents who spend countless hours and resources to help their children learn and grow.

We appreciate all that you do each year!

The Extension Office/4-H are on Facebook @

Lincoln County Colorado Extension

*Visit the page for additional events and resources for



Lincoln County Extension/4-H Website

lincoln.extension.colostate.edu

INFORMATION & EVENTS

County: Reminder to check your email and monitor our Facebook page for updates on 4-H activities and events. **Forms, fees, and registrations are due to the office by (day stated) or (previous Friday) if the day is a weekend or holiday. County related forms and applications are available on the 4-H Forms & Applications page at lincoln.extension.colostate.edu/4-h-forms-applications/. A reminder that forms can be mailed, emailed, faxed, or dropped through the back door slot. The extension office cannot take credit cards for payment purposes.

- -Lincoln County Extension/4-H Website @ lincoln.extension@colostate/edu
- -Facebook @ Lincoln County Colorado Extension
- -Colorado 4-H Website @ co4h.colostate.edu & 4H Online @ v2.4honline.com/#/user/sign-in
- Citizenship Washington Focus (CWF) registration is open to members 14+ in 4Honline. Registration closes December 9. Cost is \$3,000. The County foundation offers a scholarship for one eligible member to attend each year. Other members may attend at their own expense. Please email christine.schinzel@colostate.edu if you want to attend even if you are not selected so we can process your application.
- National 4-H Conference Application is open to youth 15+. This is a civic engagement opportunity for youth in April. Cost with state supported stipend (if selected to attend) is \$1,250. Completed information including a (resume, cover letter explaining why you would like to attend the conference and a request for a letter of recommendation from the extension office is due December 13 to christine.schinzel@colostate.edu to be forwarded to the state 4-H Office.
- Leadership Development Camp for 4-H members (14+) is January 25-26 in Denver. Registration closes in 4H Online December 20. Costs will be approximately \$450 (with registration, hotel, and meals). If you have an interest in attending camp or chaperoning youth, please contact chris-tine.schinzel@colostate.edu.
- Shooting Sports- Safety Meetings will be January 27 & February 10 @ 6:30pm @ the fair-grounds. First year members must attend both safety meetings. Shooting Sports Forms and Fees (\$35/discipline) are due by January 31 to the office. Forms are available @ lincoln.extension.colostate.edu/programs/4-h/shooting-sports/. Hunter's Safety (Shooting Sports)- All members interested in taking shooting sports need to obtain their Hunter's Safety Card before the March 1 add/drop project deadline. A potential class is trying to be scheduled in the Limon area in early winter. More information will be sent if the class is confirmed. Find classes @ cpw.state.co.us/learn/Pages/HunterEducation.aspx.
- **4-H (New Year) Enrollment** is open for new and returning 4-H members, and returning volunteers including foundation members. Enrollment will close February 1. *A reminder that members and clubs need to be enrolled and approved chartered clubs and members/volunteers before participating in new 4-H year activities including meetings. Members and volunteers must add an additional "Emergency Contact" that is not the parent/custodian to their account.

INFORMATION & EVENTS (CONT.)

- Livestock Sale Committee (Livestock Scholarship Program Goat, Swine, and Sheep) applications are due February 1. For specific program information and applications go to "4-H Programs and Applications", and look under the "livestock sale" tab @ linescolorstate.edu/4-h-forms-applications/. Contact the sale committee or extension office if you would like to donate to a scholarship.
- **Beef Weigh-In** will be March 1. Details TBD. Youth must bring appropriate brand paperwork as listed in the newsletter.
- Shooting Sports Volunteers Opportunity-We are seeking volunteers to become certified shooting sports instructors in all discipline areas. Contact <u>christine.schinzel@colostate.edu</u> to learn more about the volunteer training process and opportunities.
- 4-H Project List & Manual Ordering Information is available @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/.

Other: *** Verify with listed contacts pertaining to their individual event to find out specific information and guidelines, event cancellation procedures, registration requirements, etc.

- Additional Events-Facebook Many events/notices/resources in and out of 4-H are also posted on the <u>Lincoln County Colorado Extension</u> Facebook page as they become available. Be sure to check the page for additional opportunities and information for both youth and adults.
- CSU Extension Live Smart Blog (Family & Consumer) @ livesmartcolorado.colostate.edu/.
- **◆ CSU Extension Horticulture Blog** @ <u>cshort.blogspot.com/</u>.
- Lincoln County-Noxious Weed Management Pocket Guide is available @ <u>Lincoln.extension.colostate.edu/programs/agriculture-natural-resources/</u>.
- CSU Extension Cottage Foods Safety Trainings are held throughout the year. Learn more and register for a training @ foodsmartcolorado.colostate.edu/food-safety/cottage-retail-foods/.
- Various Livestock Shows national listing of flyers available @ showsman.app/shows#/.
- JOANN Fabric stores are providing resources and tools for 4-H members including some discounts. Learn more @joann.com/4-h/.
- ◆ **Listing of Livestock Shows-General** @ <u>drive.google.com/drive/folders/13l-</u> <u>cPnFYKu8RiG9siMHZslYZX3ahkxua</u>
- Denver Foundation Grants and Scholarship opportunities available @ denverfoundation.org/ scholarships/scholarship-opportunities/.
- Various Livestock Shows national listing flyers available @ showsman.app/shows#/.
- **Agrability Workshops** for Agricultural families and providers will be offered in late fall and early winter at multiple locations. Learn more and register @ agrability.colostate.edu/.
- **Advancing Aging Webinar Series** runs through May. Register for any or all sessions @ <u>col.st/</u> VcI2W.
- **Lincoln County Board of Commissioners** is seeking interested Fairboard applications. Email a letter of interest by December 16 to Elisha Thompson (Fairboard) @ elishae32@gmail.com or Jacob Piper (County Administrator) @ leadmin@lincolncountyco.us.

INFORMATION & EVENTS (CONT.)

- National Pork Producers Council Scholarships are due early December. Information and application @ nppc.org/get-involved/education-programs/.
- National Western Catch-A-Calf Program applications are open till December 15. Learn more @ nationalwestern.com/livestock-shows/catch-a-calf-program/.
- Colorado Farm Show exhibits and learning seminars is January 28-30 in Greeley, CO. Learn more @ coloradofarmshow.com/.
- High Plains No-Till Conference is February 4-5 in Burlington, CO. Learn more @ <u>highplainsno-till.com/</u>.
- **Lincoln County Extension** is selling seedling trees and shrubs until March 14 or until inventory runs out. Contact the office for an order form.
- Colorado GROW Youth Institute is April 8, 2025 at CSU Spur Campus for high school students. Learn more @ csuspur.org/grow-youth-institute/.
- BASF National Wheat Foundation Scholarship application is due December 31. Learn more @ wheatfoundation.org/leadership-programs/.
- Miniature Hereford Breeders Scholarship applications is Due December 31. Learn more @ miniatureherefordbreeders.org/Scholarships.
- National Pork Producers Council Neil Dirks & Lois Britt Memorial Scholarships are due December 31. Information and application @ nppc.org/get-involved/education-programs/.
- **Syngenta Scholarship** application is open through the FFA scholarship portal. **Syngenta Internship** opportunities @ syngenta-us.com/careers/students/.
- **ASBA Ewes for Youth Grant** application is open till January 1. Learn more @ <u>southdown-sheep.org/juniors</u>.
- Future of Agriculture Colorado Farm Bureau Scholarships application is due January 1. Additional information is available @ <u>usascholarships.com/colorado-farm-bureau-scholarship-program/</u>.
- **Dairy Farmers of America Scholarships** application is due January 10. Information available @ dfamilk.com/careers/students-and-graduates. **DFA Internships** are also available.
- American Quarter Horse Association Scholarships are due January 15. Information available @ aqhfoundation.smapply.io/prog/aqhf_scholarship_program/.
- National Western Stock Show 4-H Day is January 17. Discount tickets available @ groups@nationalwestern.com or order online using promo code: FOURH.
- NRA Youth Education Summit Application is open till January 19. Learn more @ yes.nra.org.
- National Corn Growers Association Scholarship applications are due January 31. Learn more @ ncga.com.
- **Farm Credit of Southern Colorado Scholarships** application is due early February. Learn more @ <u>aglending.com/scholarships/</u>. **Internships** are also available.

INFORMATION & EVENTS (CONT.)

- National Holstein Women's Scholarship application is due early February and is available @ nhwsoscholarship.com/scholarship-application/.
- Ag Day Essay contest entries are due February 7. Learn more @ <u>agday.org/essay-contest</u>.
- **El Pomar Internship** application is due February 7. Learn more @ <u>elpomar.org/programs/internship/</u>.
- Dairy Calf and Heifer Association Scholarship is due February 15. Information available @ calfandheifer.org/scholarship/.
- Colorado 4-H Scholarships application is open till March 1. Learn more @ co4h.colostate.edu/about-us/scholarships/.
- **Suffolk Sheep Association Ewe Grant** application is open till March 1. Learn more @ <u>suffolks.org/youth.php.</u>
- **Targhee Sheep Association-Starter Flock Program** application is open until March 1. Learn more @ targheesheepus.com/.

SHOOTING SPORTS PROJECT INFORMATION:

<u>Shooting Sports Forms Required (Due January 31):</u> Forms are available online at <u>lincoln.extension.colostate.edu/programs/4-h/shooting-sports/</u>.

- 1) 4-H Shootings Sports Project Requirements & Signature Form
- 2) 4-H Shooting Sports Permission to Participate/Liability Release Form

*The requirements for minimum project completion and requirements to attend the state shoot are both outlined on the "4-H Shooting Sports Project Requirements & Signature" form. *Shooting disciplines offered will be subject to certified instructor availability. All participants are required to provide their own ammunition/arrows and safety equipment at shoots.

<u>Shooting Sports Fees Due</u>: \$35/per shooting sports discipline enrolled in is due by January 31 (ex. enrollment in shotgun and rifle would equal a fee total of \$70). This is in addition to the member enrollment fee. A Late Fee of \$10.00 applies after January 31. Fees are payable to the Extension Office.

<u>Safety Meetings</u>- *New project members must attend both safety meetings their first year. Returning members only need to attend one safety meeting. *Members may not add the shooting project once the 1st safety meeting has passed to participate in range activities.

(Dates: January 27@ 6:30pm & February 10 @ 6:30pm @ Lincoln County Fairgrounds.)

<u>Hunter's Safety Certification Due March 1</u>: This must be completed by this date to participate in live fire range activities throughout the year. Check out the Colorado Parks and Wildlife site for more information and other class availability at: cpw.state.co.us/learn/Pages/
<u>HunterEducation.aspx.</u>

4-H VOLUNTEER CORNER: EVENT PLANS

As a part of due diligence and liability compliance with CSU and Extension, all 4-H related programs are required to fill out and have on file an "Event Plan". Event plans provide information about planned 4-H activities and how risk will be mitigated and other details including volunteer support, ages, purpose of the program or event, potential costs and additional liability considerations. The plans help all to ensure that 4-H events are fun and safe and are appropriate. All 4-H events must have an approved 4-H volunteer in attendance. Event plans should be submitted at least three weeks in advance of an event to ensure time for review, approval, and implementation of any additional requirements including additional liability forms or information. Common examples of 4-H events: 4-H camps, workshops, club meetings, community service, livestock judging, 4-H horse ride nights, dog practices, fun club outings, buyer solicitation, etc. For additional information, plan template, or questions, please contact Christine @ christine.cchinzel@colostate.edu.

4-H CORNER: FUNDRAISING USES & TIPS

4-H fundraising helps to sponsor different events and activities including at the club level. As 4-H is a non-profit, it's fundraising should be in support of educational 4-H activities. Funds may not be raised and then donated back to another organization (even for community service purposes) or to memorials. It's important to have a goal in mind when fundraising so as to avoid just collecting funds that may not be used. Complete club use of funds information can be found on the fact sheets on the Colorado 4-H website @ co4h.colostate.edu/volunteer-resources/.

Member/Club Fundraising Tips & Reminders:

- -Clubs/groups need to turn in an event plan ahead of time to ensure the fundraiser is appropriate. *Raffles cannot be utilized as we do not have a license.
- -Determine the purpose of the fundraiser and how funds will be utilized. For younger members, creating a talking sheet that explains the basics can be beneficial when they are out raising funds. This could include: Name of youth, club associated with, what the fundraiser is for, what they are selling or providing, approximate cost of item(s), payment methods, delivery, contact information for questions, etc.
- -Determine when fundraising will start, stop, and expectations for all in the club.
- -Discuss with youth how to present themselves, utilizing manners, where to walk on someone's property, and general common courtesy.
- -Explain safety in terms of being out fundraising, no-soliciting signs, and other precaution items.

(Example) Hello, my name is Joey Smith and I am a member of the Waterloo 4-H club. I would like to ask for a few minutes of your time to tell your about our 4-H club fundraiser. We are selling beef sticks for \$2.00/piece to help support club activities including______. Would you be interested in supporting our club??? (If yes-provide more information including payment). For Yes or No "Thank you for your time today".

VOLUNTEER CORNER: SHOOTING SPORTS VOLUNTEER TRAINING DATES 2025

If you enjoy youth, the outdoors, and shooting or archery activities we encourage you to consider volunteering to become a certified shooting sports instructor (prior experience is not necessary). 4 -H members have the opportunity to participate in disciplines in the county if we have certified volunteer instructors. To become certified volunteers must first complete the 4-H enrollment process and then attend and certify at a state sponsored training. Please contact christine.schinzel@colostate.edu to learn more. Interested volunteers should complete the initial 4-H volunteer process no later than end of January to ensure enough time to become a volunteer and register for a spring training. Training dates being offered for 2025:

March 7-9, 2025: Morgan County (Rifle, Pistol, Shotgun, and Archery)

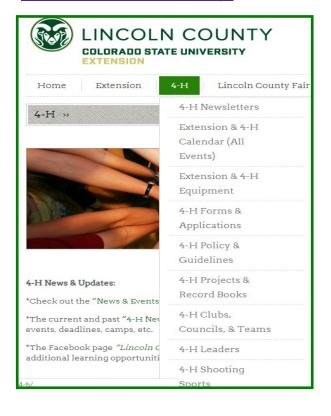
March 14-16, 2025: Weld County (Rifle, Pistol, Shotgun, and Archery)

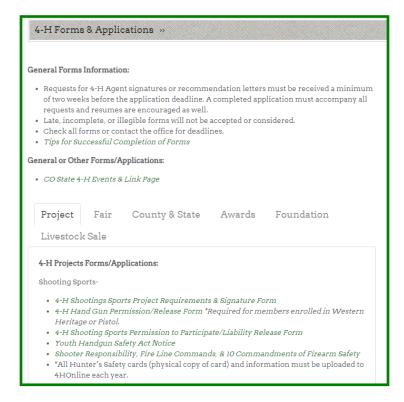
March 21-23, 2025: Pueblo County (Rifle, Pistol, Shotgun, Archery, Muzzleloading, Western Heritage, Hunting and Outdoor Skills)

• March 28-30, 2025: Garfield County (Rifle, Pistol, Shotgun, Archery, Muzzleloading, Western Heritage, Hunting and Outdoor Skills)

WHERE TO FIND FORMS...

Various Forms can be found on our Lincoln County Extension Website @ <u>lin-</u>coln.extension.colostate.edu/. Hover over the 4-H Tab for the drop-down menu to appear.





ACTIVITY PAGE:

Grinch Punch Recipe-allrecipes.com

This a simple and fun recipe to make for holiday parties or fun group activities. Don't forget to wash your hands and follow good food safety practices.

Equipment:

- -Serving cups or plastic drink cups
- -Serving/mixing punch bowl
- -Serving ladle

Ingredients:

- -2 qt Lime sherbet
- -1/2 gal. Hawaiian Punch-green (chilled)
- -1 Liter Sprite (chilled)
- -2 cups Pineapple juice (chilled)

Directions:

- -Add the sherbet in (large spoonful's) to the punch bowl.
- -Add in Hawaiin Punch, Sprite, and pineapple juice.
- -Mix slightly and serve in glasses. *You can also had whip cream to top off the drink.

Monthly Reader

"How to Catch a Reindeer"

By Alice Walstead



Homemade Christmas Tags or Ornaments

*Utilize different at-home craft items to design your own homemade Christmas tags or even give them as ornaments for others to hang on a door

knob, tree, or refrigerator. Add in a personal note or holiday greeting on the reverse side as well.

Supplies Ideas: *Can vary based on what you may have at home

-Glue or tape -Scissors

-Markers or colored pencils -Cardboard

-Brown paper tags -Cardstock (different colors)

-String (different colors/types) -Buttons (different sizes & colors)

-Ribbon -Other miniature decoration items



4-H ENROLLMENT INFORMATION:

Enrollment Deadlines:

October- Enrollment Open February 1-

Enrollment closes for returning members, new members, foundation members, & volunteers.

Project Deadlines:

**March 1- Project add/drop.

March 1-Hunter's safety must be completed for all members enrolled in shooting sports that will be participating in live fire activities.

*Other-Livestock will have to be tagged and/or nominated to be eligible to show at fair. Information will be posted in the newsletter for current year information.

Other Deadlines/ Project Requirements:

*Refer to the fair book for project requirements to show at the county fair. *Download a record book for completion requirements as well.

*Watch for information in the newsletter, Facebook page or web calendar.

Information Required for 4-H Enrollment Approval:

- -Verify your eligibility for enrollment in Lincoln County. Requirements include one of the following: reside/own property in the county; attend school in the county; or live within 10 miles of the county line. To enroll members must be between the ages of 8-18 as of December 31.
- -Enrollment must be completed in your 4H Online account.
- -Complete the health form. *If you do not have health insurance, please put (None). The health form is required for participation.
- -Complete the t-shirt size and other release forms.
- -Complete emergency contacts (must be different from the parents/guardians in case they are not reachable for some reason.
- -Update your mailing address, phone numbers, and preferred email. *Email is the primary mode of communication from the office. The primary account listed in 4H Online is the one that will receive messages.
- -Refer to the Colorado 4-H project page to verify you are enrolling in the correct project. *Hunter's Safety is required for all members participating in shooting sports that will be shooting in live fire activities.
- -Remember to read each page carefully, select options, and electronically sign and date all sections in 4H Online before clicking to the next page. *You cannot return to a previous page.

*Enrollments for members and volunteers cannot be approved until all required information has been completed. Please contact the office if you have any questions.

Resources:

Lincoln County 4-H- <u>lincoln.extension.colostate.edu/programs/4-h/</u> Colorado 4-H- <u>co4h.colostate.edu/</u>

Enrollment/Project Fees: -Enrollment fee- \$18/member (Pay fee to the club directly). **Other projects or activities may require additional fees or expenses. There are no fees for leaders or volunteers.

-Shooting Sports members- \$35/per enrolled shooting sports discipline. (This is in addition to the enrollment fee and is payable to the Extension office directly by January 31st).

Project Books/Manuals: Families will need to order project books/manuals directly from the supplier. Go to Colorado 4-H @ co4h.colostate.edu/program-areas/colorado-4-h-project-information/ and then click on "publication order form" to see where to download or order manuals.

MARKET LIVESTOCK REFERENCE CHART

<u>Species</u>	Ideal Birth Date	When to Acquire	Suggest beginning weight/age	Minimum Weight at Fair	Maximum Weight at Fair
Beef Beef	Winter/ Spring of previous year	Fall to January	650-850 lbs. Miniatures 300- 400 lbs.	1000 lbs. Miniatures 500 lbs.	1550 lbs. Miniatures 999 lbs.
Swine	After January 1st of current year	March to April	70-100 lbs.	230 lbs.	300 lbs.
Lamb	After January 1st of current year	March to April	50-90 lbs. Miniatures 30-50 lbs.	100 lbs. Miniatures 60 lbs.	175 lbs. Miniatures 99 lbs.
Goat	After December 1st of previous year	March to April	30-65 lbs.	50 lbs.	125 lbs.
Turkey	Hatched March 15 th -May 15 th	March 15 th to May 15 th	3 days old	Hens 13 lbs. Toms 20 lbs.	Hens 30 lbs. Toms 43 lbs.
Geese	Hatched March 15 th -May 15 th	March 15 th to May 15 th	3 days old	Pen of two 14 lbs.	Pen of two 28 lbs.
Duck Duck	Hatched April 15 th -May 15 th	April 15 th -May 15 th	3 days old	Pen of two 12 lbs.	Pen of two 18 lbs.
Chicken	Hatched May 15 th - June 20 th	May 15 th -June 20 th	3 days old	Pen of three Fryer 9 lbs. Boilers 18 lbs.	Pen of three Fryer 18 lbs. Boilers 30 lbs.
Rabbit	April 22 nd - May 1 st	May 22 nd – June 5 th	30 days old	Pen of three Fryer 9 lbs.	Pen of three Fryer 17 lbs.

JUST TO GET YOU THINKIN...

"Remember, if Christmas isn't found in your heart, you won't find it under a tree." -Charlotte Carpenter

"Christmas doesn't come from a store. Maybe Christmas perhaps means a little bit more." -Dr. Seuss

FAIR RELATED: BEEF EXHIBITORS-

*Save the Date: Beef Weigh-In March 1 (Details TBD)

*Exhibitors must declare at Weigh-In if they are exhibiting a mini-beef, otherwise the animal will be placed in the general market beef class at fair; no exceptions.

*Market animals must be castrated and de-horned or have blunt, flat ends.

*Exhibitors must read through and comply with requirements for participation at weigh-in, fair, and general ownership regarding brand inspections on beef cattle. This is not optional for paperwork to be done at a later date. Please schedule time well in advance of beef weigh-in to ensure you have proper ownership papers on your beef animals (including home-raised) and can bring them to weigh-in. Contact the brand inspector for more information.





ATTENTION ALL LINCOLN COUNTY LIVESTOCK EXHIBITORS

As of 2024, all beef that will be in the market show and sold at the Lincoln County Fair will be required to have a brand inspection (which is a legal bill of sale) in the exhibitor's name. There will be no more "home raised" animals cleared unless the exhibitor is the legal owner of the brand that the animal is wearing. If the animal does not have a brand it must still have a brand inspection in the exhibitors name. As I love to see local ranch raised calves in the show that are wearing a family brand, we must do a change of ownership (brand inspection) from the person selling (gifting) the animal to the exhibitor. Reference Colorado State Statute C.R.S. 35-53-105 (1)-(3) - Failure to Obtain Brand Inspection Prior to Shipment. Please bring your brand inspection with you to weigh in each year. I will mark a new tag number on your certificate. Each August at the fair when you consign your animal to sell, I will need to collect your certificate so please also bring your brand inspection paperwork. If you do not have a brand inspection done by the time the livestock sale starts the money will be held until you get the brand inspection done. Reference Colorado State Statute C.R.S. 35-54-105 (1) - Sale of Livestock Without a Bill of Sale.

If you have any questions, please feel free to contact me at 719-924-3548 or 719-440-1387. Again this will be a requirement starting in the year 2024.

Thank you and I wish you the best of luck with your animals!

Marc Hollenbaugh, Brand Inspector - Limon District

Man Hallenburg

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Events & Information available @ <u>Lincoln.extension.colostate.edu/events/</u>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 CWF Applications Due	10	11	12	13 Nat. Conf. Applications Due	14
15	16	17	18	19	20 LDC Camp Reg. Due	21
22	23	24 Office Closed Noon	25 Office Closed- Holiday	26	27	28
29	30	31				

January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Office Closed- Holiday	2	3	4
5	6	7	8	9	10	11 NWSS 11 -26
12	13	14	15	16	17 4-H Day NWSSS	18
19	20 Office Closed- Holiday	21	22	23	24	25
26	27 Shooting Sports Safety Mtg. 6:30pm	28	29	30	31 Shooting Sports Fees/Forms Due	
	@ Fair- grounds		February 1– 4-H Enrollment Closes (Members) -Livestock Sale Committee Scholarship Applications (Small Animal Due)			

HEAD-> Something New (4-H Projects)

As the new 4-H year starts up and you are looking at what projects to sign up for; consider something new. A new project is a great way to expand your horizons and learn new information and interact with new individuals and discover overlapping resources to some of your current projects. If you are interested in a new project, but are not sure-reach out to the Extension Office, your club leader, or other club members to see what they like about the project and what pitfalls to avoid. Colorado 4-H Project List available @ co4h.colostate.edu/colorado 4-h-project-information/

HANDS-> Clean Out 4-H Files, New Year

The holiday break is a great time to dig out last years' 4-H record books and clean out the papers to put in a help file for the new year. Old record books can help you with inventory items and activities to help make a running sheet. This saves times when working on the new years record books. It's also a good time to sort out and discard 2 year ago files (except for important health record information on breeding and market animals and dogs as well. This information should be longer especially for animals still owned).

HEART-> Homemade Christmas Tags or Ornaments

The holiday season is great time to spread cheer to neighbors, nursing home residents, the homeless, your classmates, and more. Utilize different at-home craft items to design your own homemade Christmas tags with different Christmas greetings or even give them as ornaments for someone to hang on a door knob, tree, or their refrigerator. This can be a great family activity to enjoy while watching a classic holiday film and eating some popcorn or holiday snacks.

HEALTH-> Cover Your Mouth

The traditional "cold" season is in full swing. Don't forget to cover your mouth with a tissue or your elbow when you sneeze or cough to help limit the spread of germs.

*Also don't forget to wash your hands after you blow your nose or cough into your hands and wash commonly used surfaces frequently (i.e. doorknobs, counter-tops).

*Change out water bottles from school and don't forget to wash your toothbrush as well to help limit germs.

*Avoid chewing on items or sticking your pen/pencil in your mouth to hold it while you work on something.

Learn more @ Center for Disease Control (CDC) @ cdc.gov/