

Community Resources:

Local Food Banks:

- *Second Harvest Food Bank*
136 Harvest Lane
Maryville, TN
Phone: (865) 521 – 0000
- *Shepherd of Hope Food Pantry*
225 Jamestowne Blvd.
Knoxville, TN 37934
Phone: (865) 966 – 9626

Salvation Army

- *Salvation Army of Knoxville*
409 N. Broadway
Knoxville, TN 37917
Phone: (865) 525 - 9401

Goodwill

- *Goodwill of Farragut*
148 West End Ave.
Knoxville, TN 37934
Phone: (865) 675 - 6470

Bruised and Battered Women's Shelter

- *Steps House*
1201 Valley Ave.
Knoxville, TN 37920
Phone: (865) 609 - 8562

American Red Cross

- *American Red Cross of East TN*
6921 Middlebrook Pike
Knoxville, TN 37909
Phone: (865) 584 - 2999



SAFESKIN[®]

KIDS

5 healthy hygiene tips for your kids

- **Wash Hands:**
Frequently wash hands for 15-20 seconds with warm water and soap; use alcohol-based sanitizers if soap is not available
- **Shower after Sports:**
Shower after participating in athletic activity or after sharing sports or workout equipment
- **No Sharing:**
Never share personal hygiene items including towels, soap, brushes or clothing
- **Dry & Clean:**
Keep all cuts, scrapes, wounds or burns clean and dry
- **Keep it Covered:**
Use proper bandages on all wounds

5 Body Safety Rules

Every Kid Should Know

- 1 Your Body is Your Own**

It's okay to say, "NO!" to hugs, tickling, or touching.
- 2 Be Nice to Your Body**

Feed it. Get enough sleep. Protect it from sun or cold.
- 3 You Should Always Feel Safe**

Speak up if someone is making you feel anxious or uncomfortable.
- 4 Parts of Your Body are Private**

If a swimming suit covers it, no one should touch it.
- 5 No Secrets**

Don't keep secrets from your parents. It's safe to talk to them.

10 tips to fight the flu

healthdirect
healthdirect.gov.au



Get the flu shot

It is important to get the influenza vaccination each year to continue to be protected, since it wears off after 3 to 4 months. Flu strains also change over time.



Keep surfaces clean

Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.



Wash your hands

Good hygiene is one of the best ways to help prevent a cold or flu from spreading. Wash your hands regularly with soap and water.



Self-care at home

In most cases you can treat mild cold or flu symptoms at home.



Cover coughs and sneezes

Cover your mouth and nose when coughing or sneezing. Preferably with your elbow rather than your hand.



Don't rely on antibiotics

Antibiotics won't cure a cold or flu as these illnesses are caused by viruses. Antibiotics only work for bacterial infections. Check if your cold and flu medication will help relieve symptoms on healthdirect's medicine directory.



Bin your tissues

Throw disposable tissues in the bin immediately after using them.



Know the symptoms of a cold versus flu

A cold is not life-threatening and although uncomfortable does not require visit to a GP. A flu can escalate and may require medical attention.



Avoid sharing

Try not to share cups, plates, cutlery and towels with other people, as this could spread germs.



Check your symptoms first

Use the healthdirect Symptom Checker via the app or website, or call 1800 022 222, to determine if your symptoms require a visit to the emergency department, a visit to your GP or can be managed at home.



Stand up to bullies

Don't let them control you.

If you are bullied

- Tell the person who is bullying you to STOP!
- Get HELP Immediately. Tell your parents, teacher, counselor, or principal. Reporting is *not* tattling or snitching.
- Do not fight back physically.
- Be proud of who you are.
- Be strong. Do not show anger or fear. Students that bully like to see that they can upset you.
- Keep safe. Avoid situations and people where bullying happens.
 - * Avoid areas where there are not many students or teachers around
 - * Sit with a group of friends at lunch
 - * Take different routes through hallways and walk with friends to your classes.
- Get involved. Join clubs, organizations, student groups that promote safety and respect.
- Start a club or an anti-bullying campaign to promote peace and tolerance.
- Never share your personal information or give your password to friends.

SPEAK UP!



IF YOU WITNESS BULLYING ...

If safe, stand up. It only takes one person to make a difference. You can say, "Stop, don't bother him." or you could redirect the situation by saying, "Let's go, the teacher is coming."

Don't join in. If you see someone being bullied, don't join in. If the bully tries to get you to help, say no, and walk-away.

Stop the rumors. Don't spread rumors. You don't want anyone talking about you, so don't do it to someone else! If someone gossips to you, let it end with you—don't pass it on to others. You can even tell that person you're not interested.

Tell an adult. Don't be a bystander and watch while someone is being hurt. Tell an adult about the situation. It's not tattling or snitching to keep someone safe. You can ask the adult to keep your identity private.

Be a friend. Help the person who was bullied and make sure he or she is okay. Encourage him or her to talk to an adult. You can also invite that person to join you for lunch or other things.

You  **Make a difference**