

# Bulletin Board Kit - S'more Ways to Stay Healthy

## How to Use This Bulletin Board Kit

1. Look at the Bulletin Board Display Idea.
2. Cut out the pieces.
3. Invite a patient to assist you with creating the display.
4. Make sure the display is in an area where patients can see it.
5. Consider adding a folder with handouts patients can take with them.
6. Take a photo and send it to the Network at [esrdnetworks@qsource.org](mailto:esrdnetworks@qsource.org)!



For more information or to file a grievance, please contact:

ESRD Network 10  
911 E. 86th St., Ste. 30  
Indianapolis, IN 46240  
Toll-Free: 800-456-6919

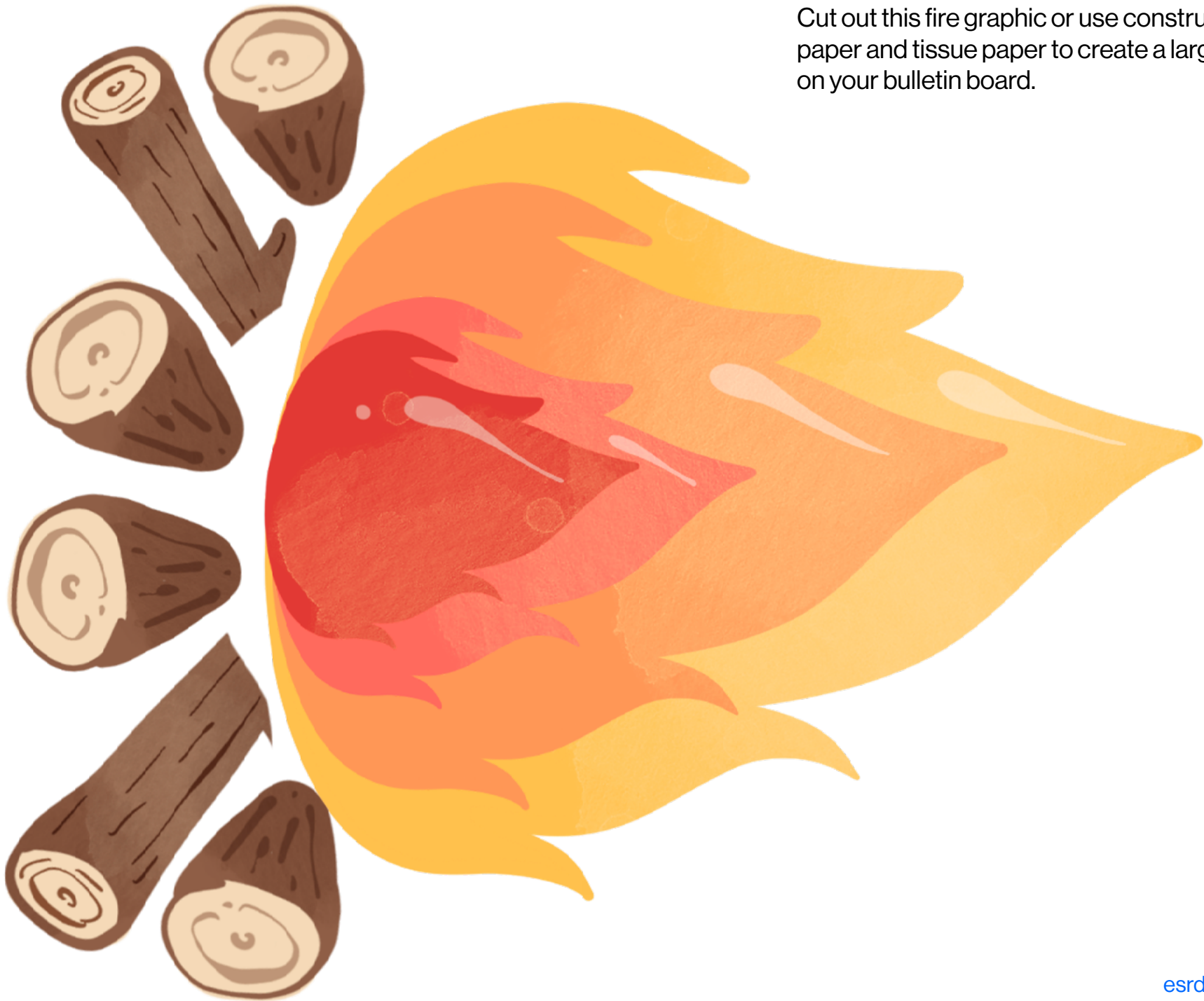
ESRD Network 12  
2300 Main St., Ste. 900  
Kansas City, MO 64108  
Toll-Free: 800-444-9965



**S'more  
Ways to  
Stay Healthy**

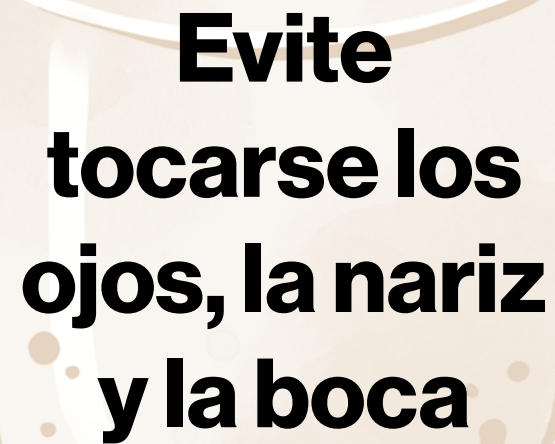
**Más Formas  
de  
Mantenerse  
Saludable**

Cut out this fire graphic or use construction paper and tissue paper to create a larger fire on your bulletin board.





**Avoid  
Touching  
Eyes, Nose  
and Mouth**



**Evite  
tocarse los  
ojos, la nariz  
y la boca**



**Cover  
Coughs and  
Sneezes**



**Cúbrase  
cuando tose  
y estornuda**



**Clean  
Surfaces  
Frequently**



**Limpie las  
superficies  
con  
frecuencia**




**Use Hand  
Sanitizer**



**Use  
desinfectante  
de manos**




**Wash Hands  
With Soap  
and Water**



**Lávese las  
manos con  
agua y jabón**



**Stay Home  
When You  
Are Sick**



**Quédese en  
casa cuando  
esté enfermo**



**Get Your Flu  
Vaccine**



**Vacúnese  
contra la  
gripe**



**Avoid Close  
Contact**

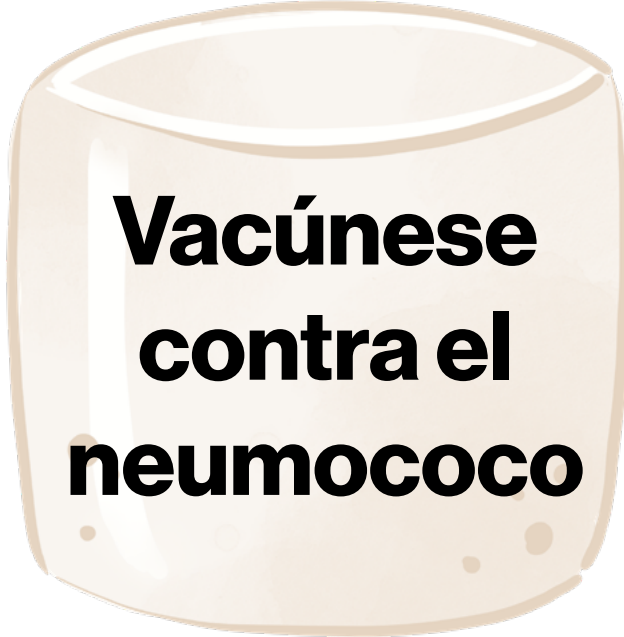


**Evite el  
contacto  
cercano**

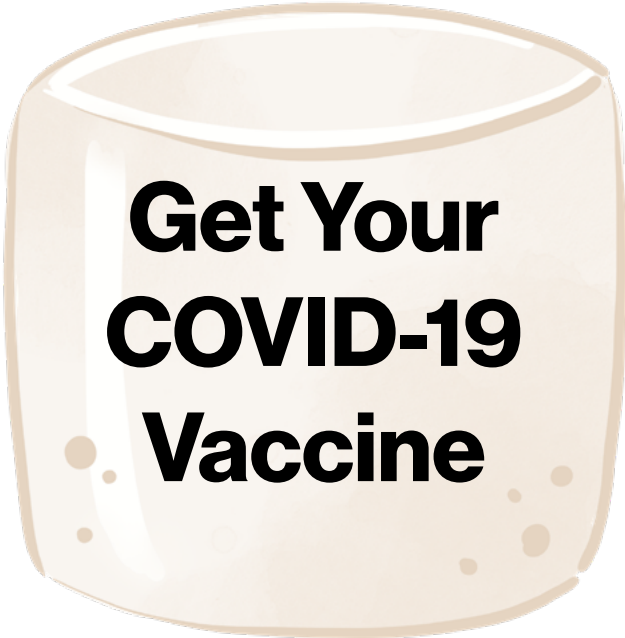




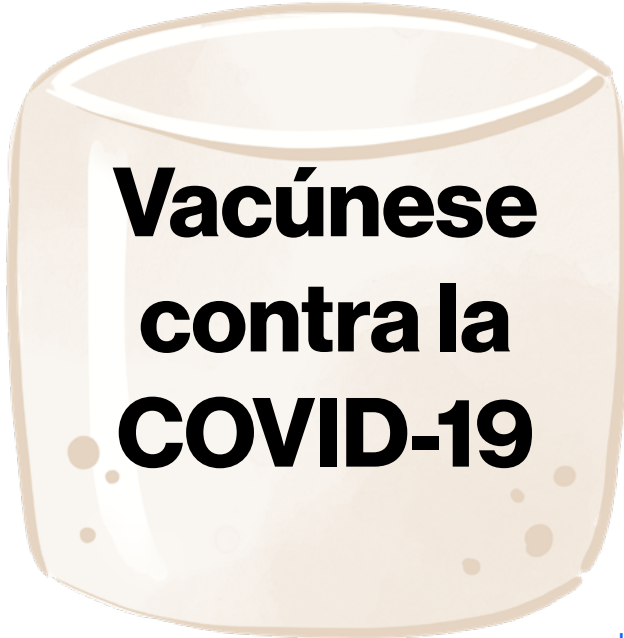
**Get Your  
Pneumococcal  
Vaccine**



**Vacúnese  
contra el  
neumococo**



**Get Your  
COVID-19  
Vaccine**



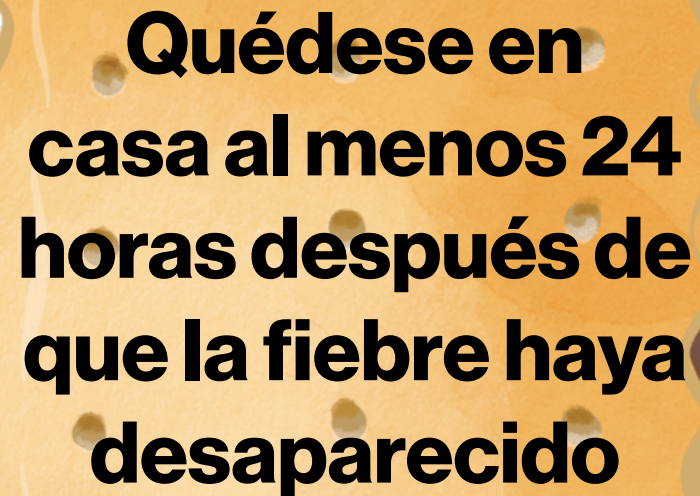
**Vacúnese  
contra la  
COVID-19**

Use the blank marshmallows and graham crackers to write your own tips for staying healthy.





**Stay Home  
for at Least 24  
Hours After  
Your Fever is  
Gone**



**Quédese en  
casa al menos 24  
horas después de  
que la fiebre haya  
desaparecido**




**Get Plenty  
of Sleep**



**Duerma lo  
suficiente**



**Eat Nutritious  
Food**



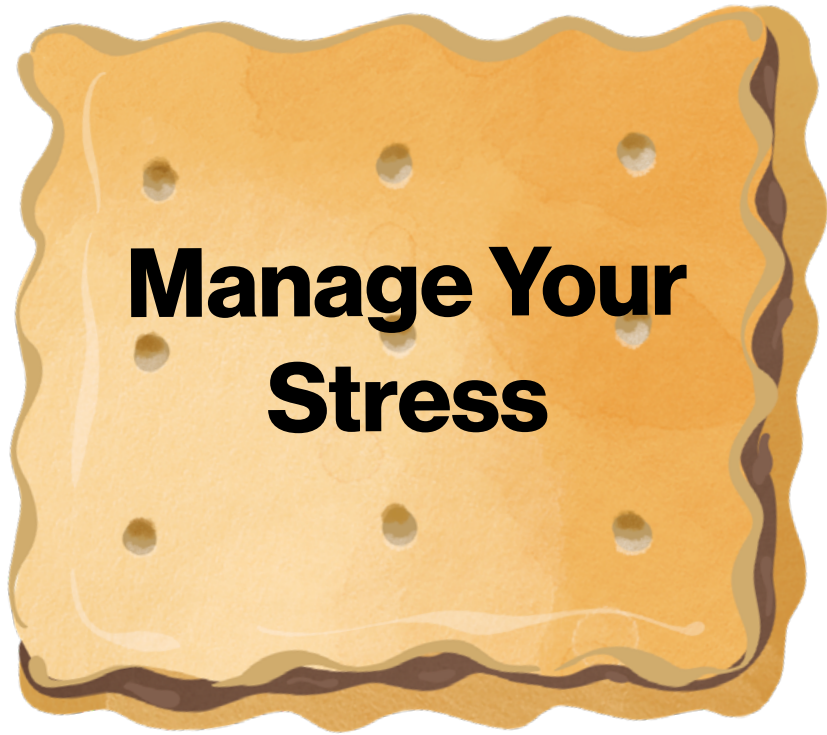
**Coma  
alimentos  
nutritivos**



**Be Physically  
Active**



**Manténgase  
físicamente  
activo**





**Wash  
Hands With  
Soap and  
Water**



**Cover  
Coughs  
and  
Sneezes**



**Clean  
Surfaces  
Frequently**



**Lávese  
las manos  
con agua y  
jabón**



**Cúbrase  
cuando  
tose y  
estornuda**



**Limpie las  
superficies  
con  
frecuencia**



**Get  
Your Flu  
Vaccine**



**Use Hand  
Sanitizer**



**Avoid  
Close  
Contact**







**Vacúnese  
contra la  
gripe**

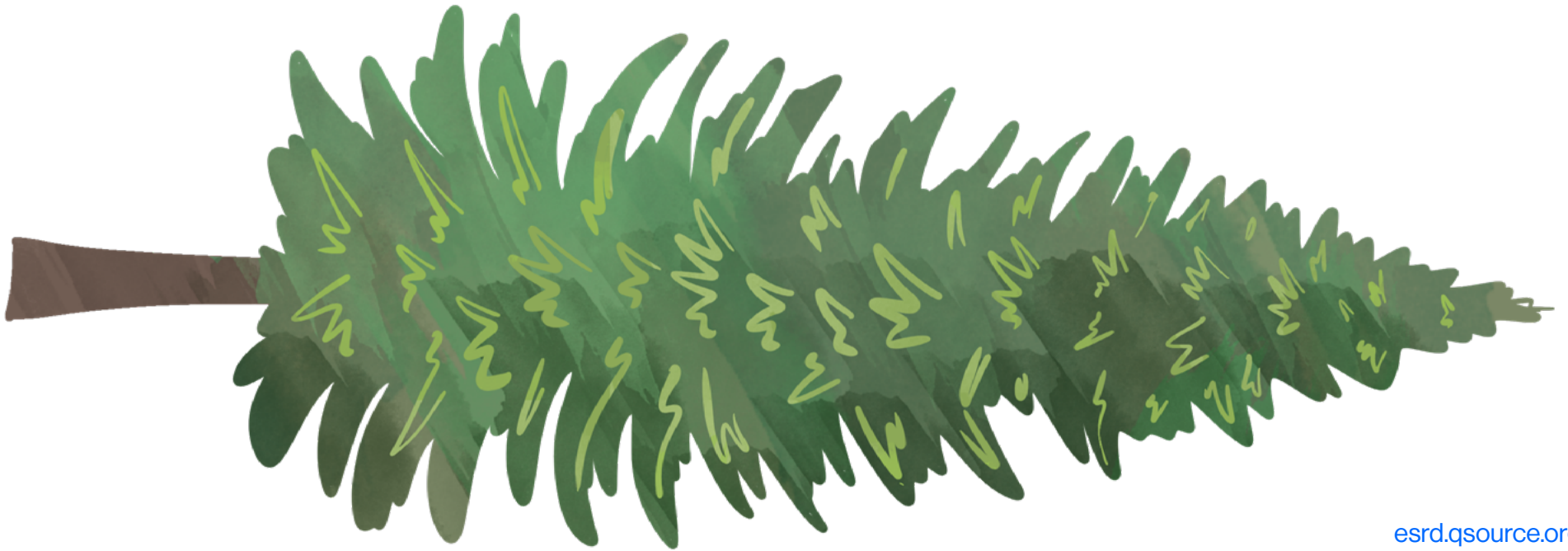
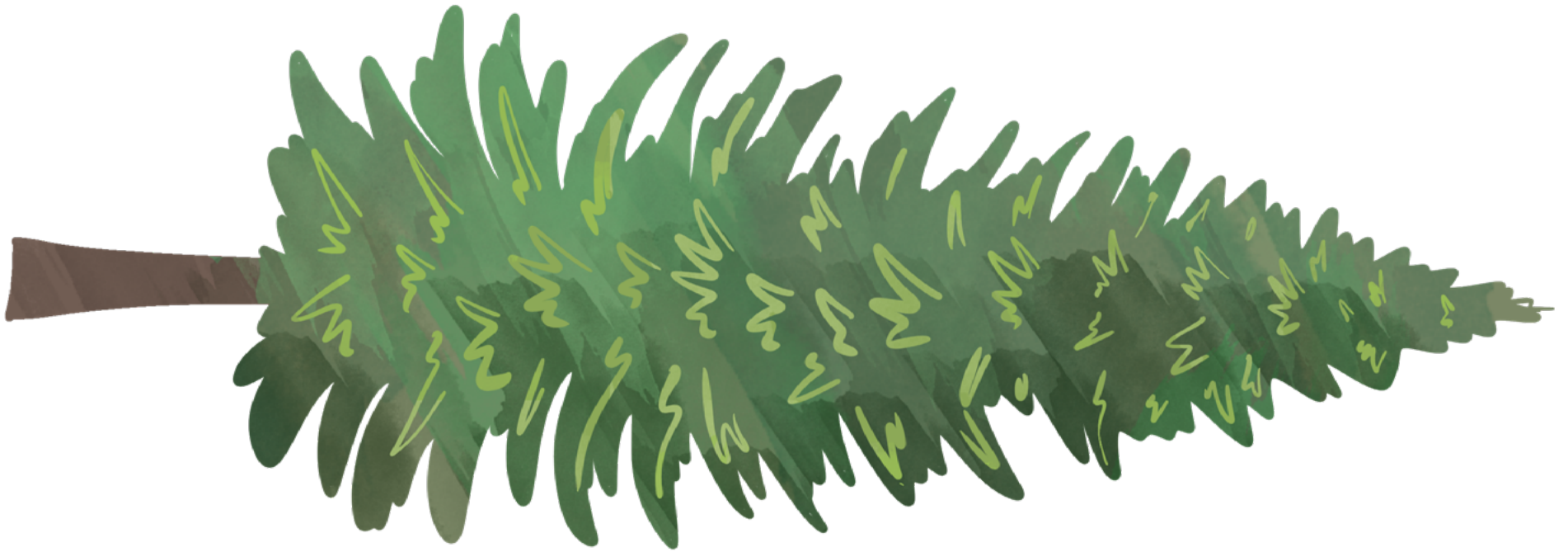


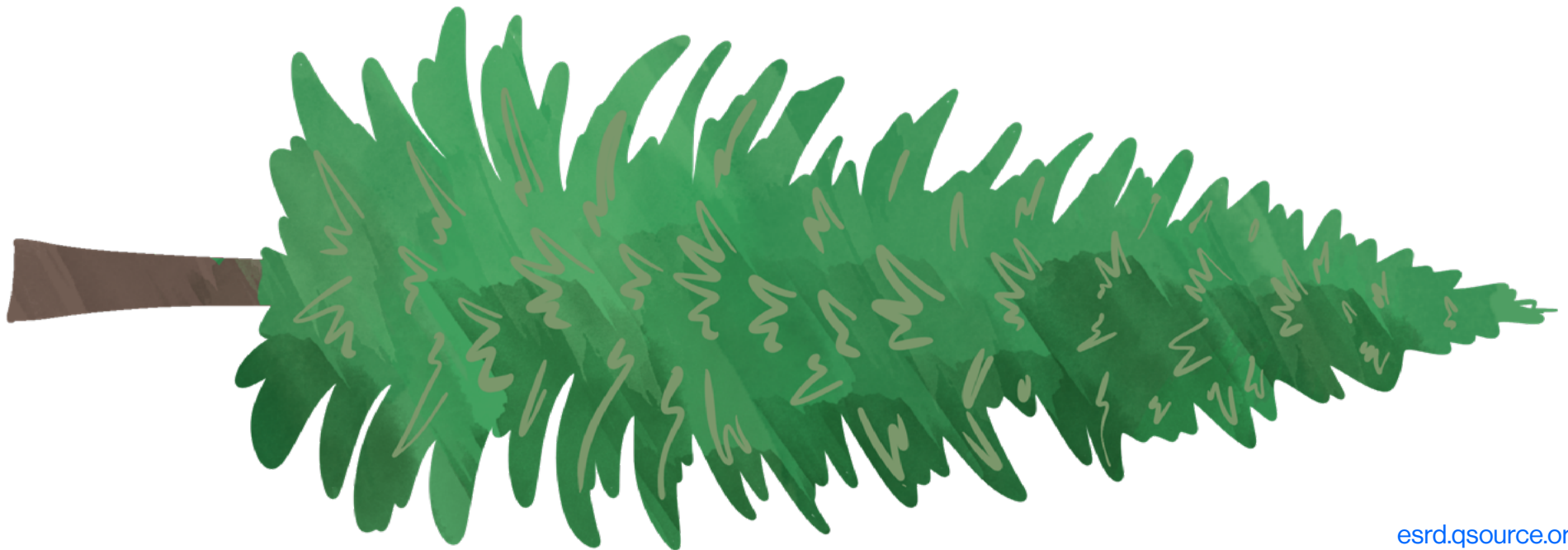
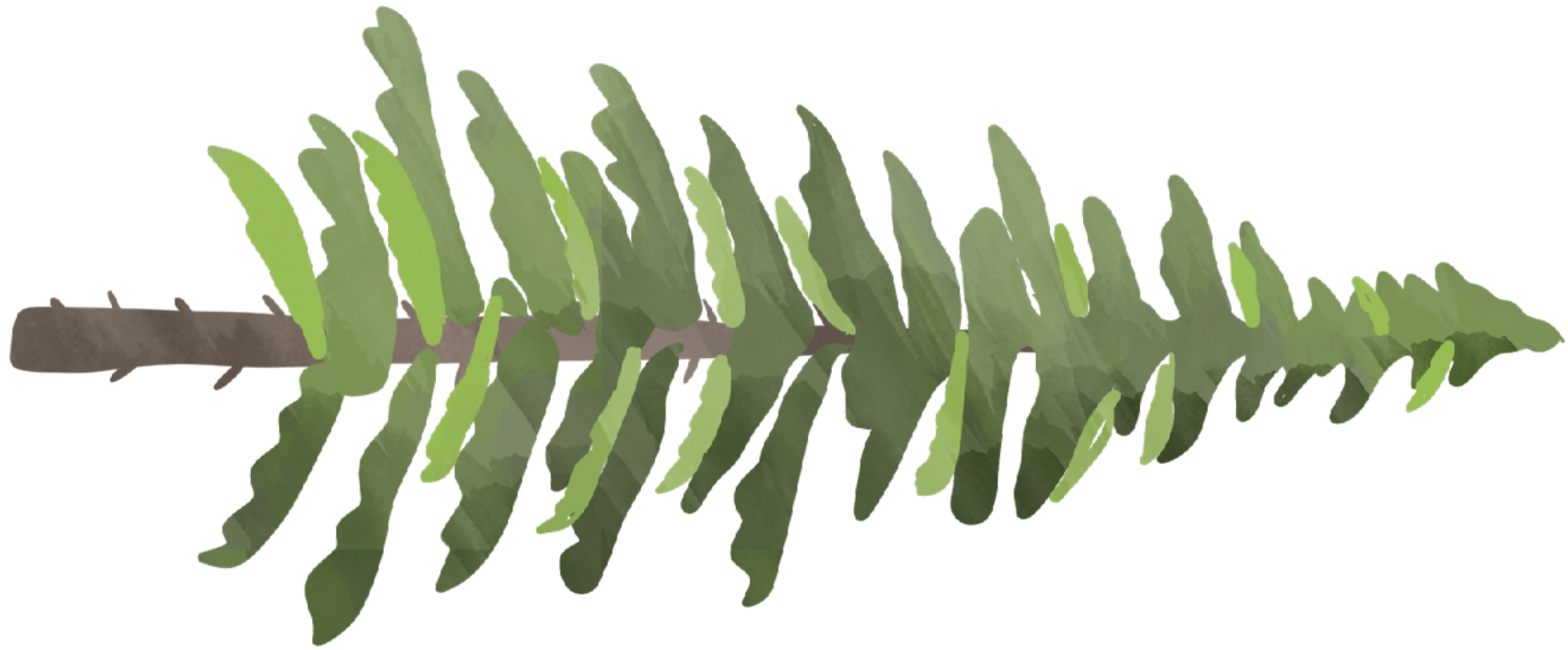
**Use  
desinfectante  
de manos**

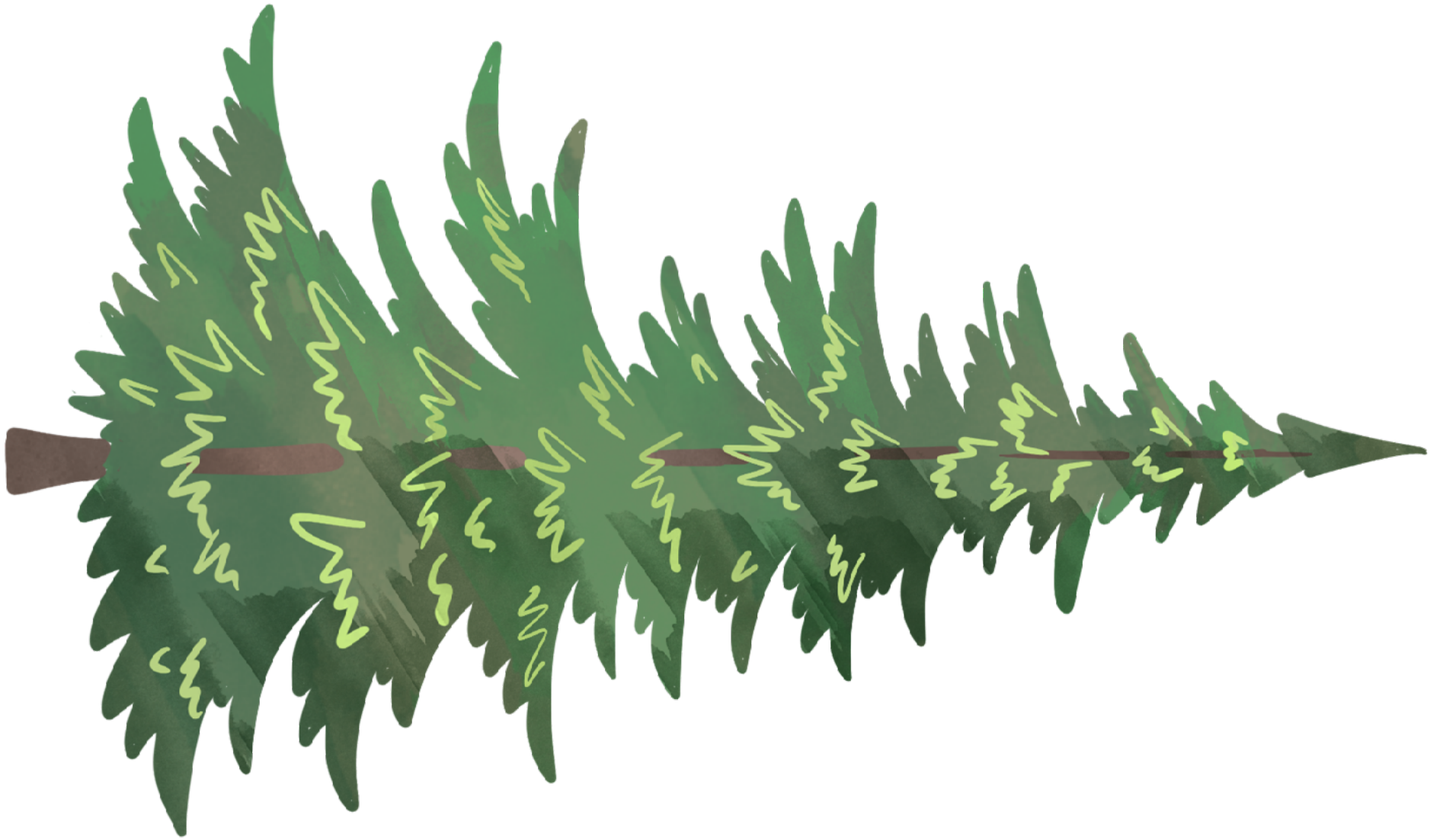


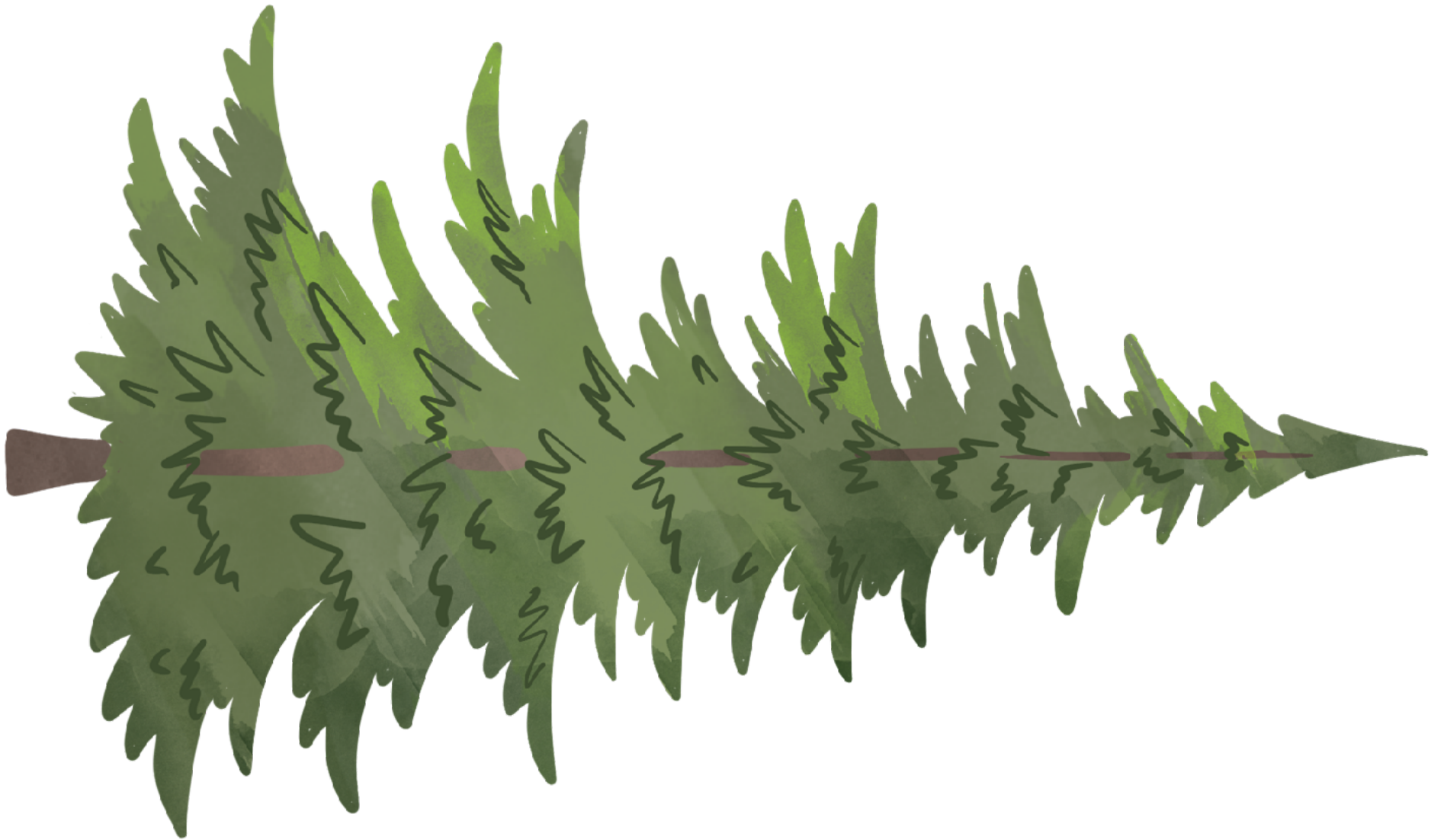
**Evite el  
contacto  
cercano**











# S'more Ways to Stay Healthy

**Avoid Touching Eyes, Nose & Mouth**

**Be Physically Active**

**Stay Home When You Are Sick**

**Clean Surfaces Frequently**

**Cover Coughs & Sneezes**

**Use Hand Sanitizer**

**Get Your Flu Vaccine**

**Avoid Close Contact**

**Wash Hands With Soap and Water**