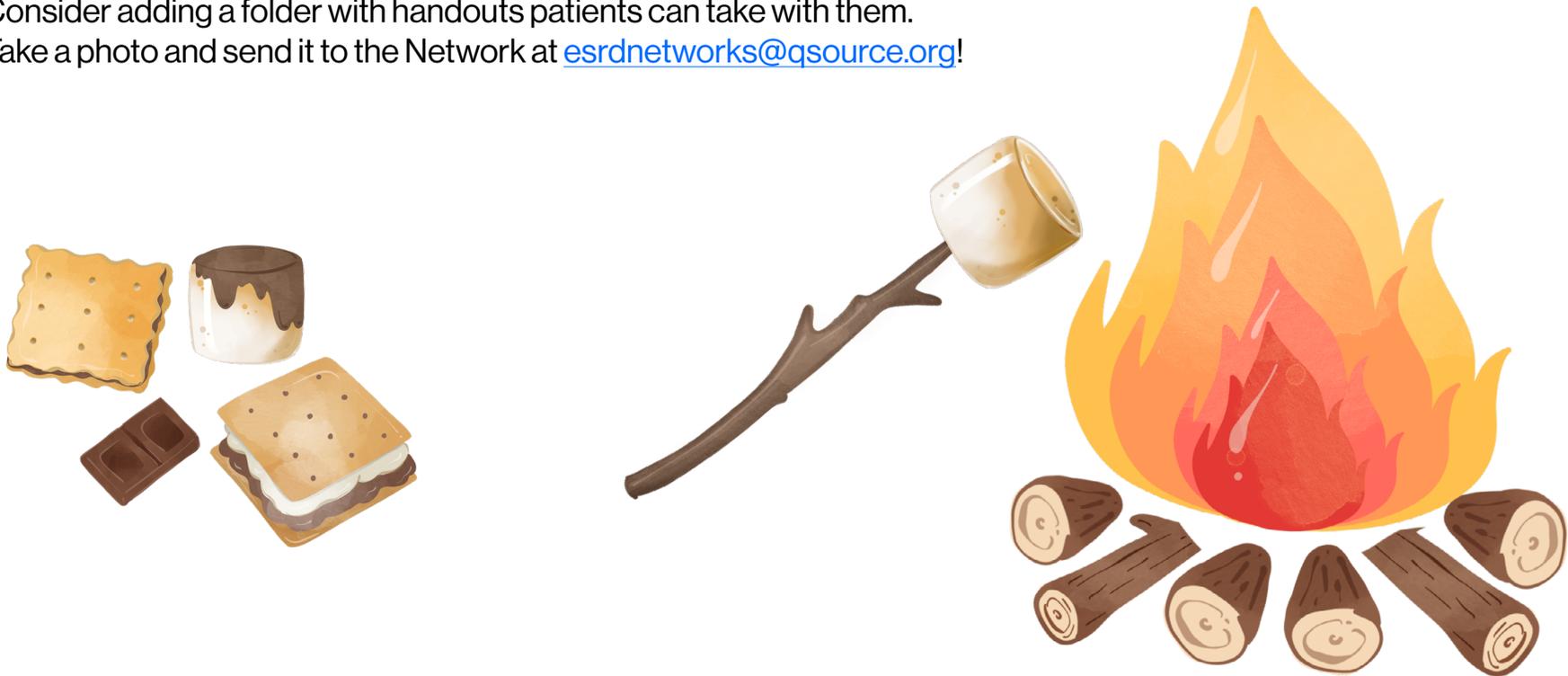


# Bulletin Board Kit - S'more Ways to Stay Healthy

## 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



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**



**Clean  
Surfaces  
Frequently**



**Cover  
Coughs and  
Sneezes**



**Use Hand  
Sanitizer**



**Wash Hands  
With Soap  
and Water.**



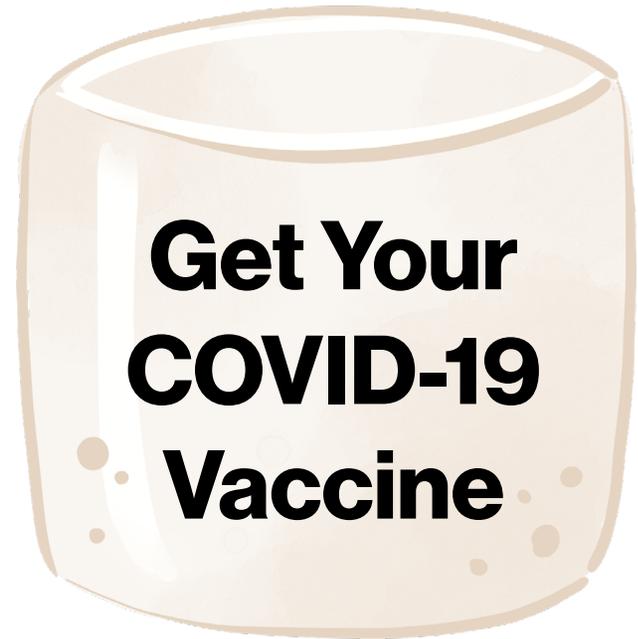
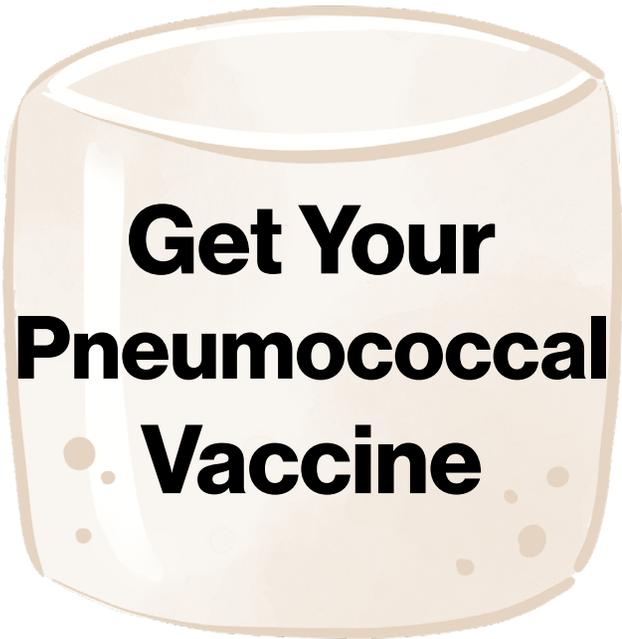
**Get Your Flu  
Vaccine**



**Stay Home  
When You  
Are Sick.**



**Avoid Close  
Contact**





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



**Eat Nutritious  
Food**



**Get Plenty  
of Sleep**



**Be Physically  
Active**

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







**Wash  
Hands With  
Soap and  
Water**



**Cover  
Coughs  
and  
Sneezes**



**Clean  
Surfaces  
Frequently**

**Get  
Your Flu  
Vaccine**



**Use Hand  
Sanitizer**

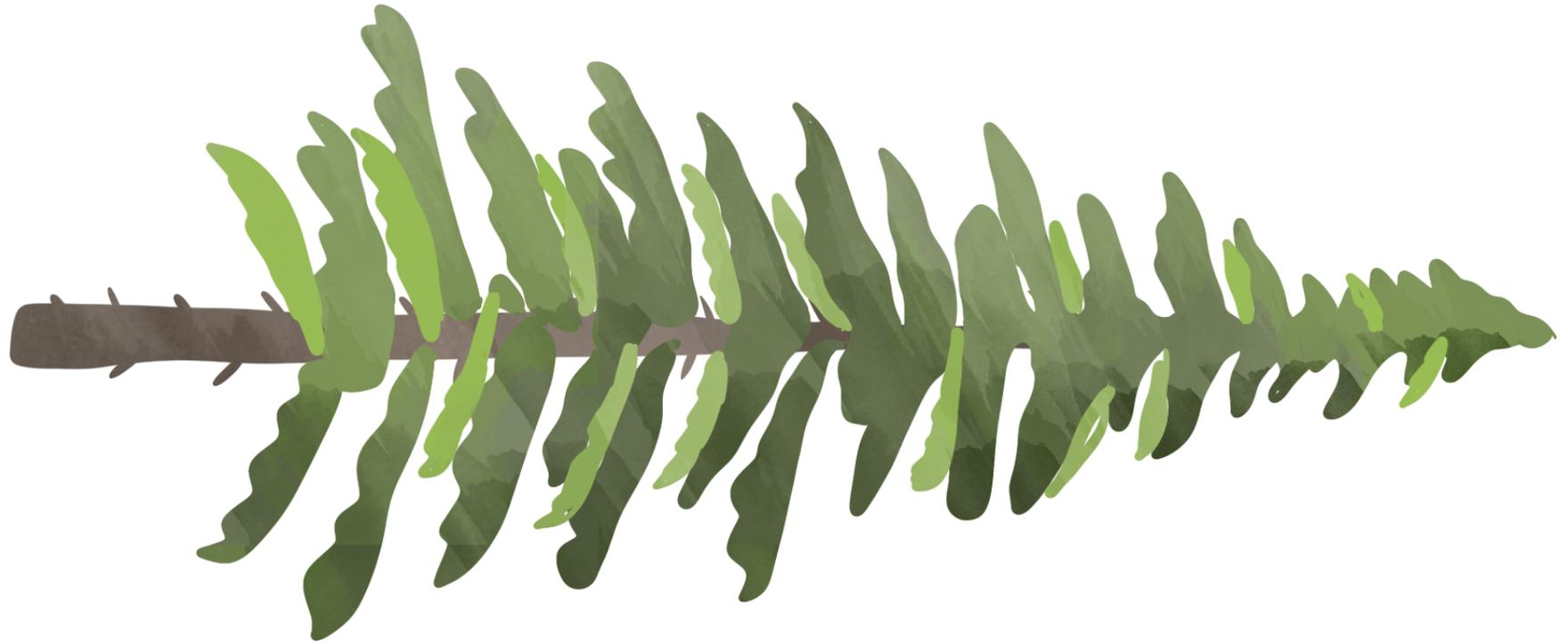


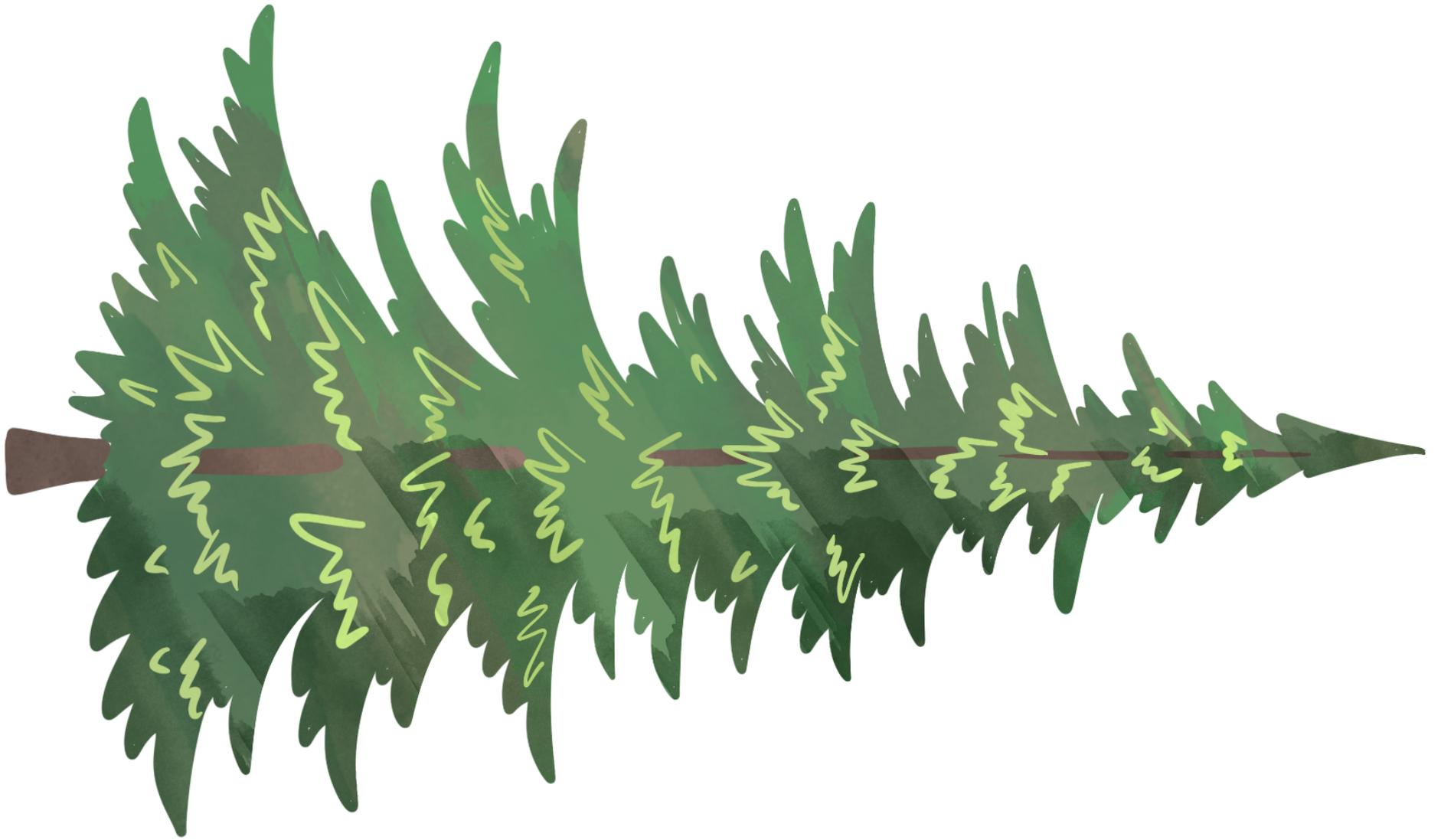
**Avoid  
Close  
Contact**

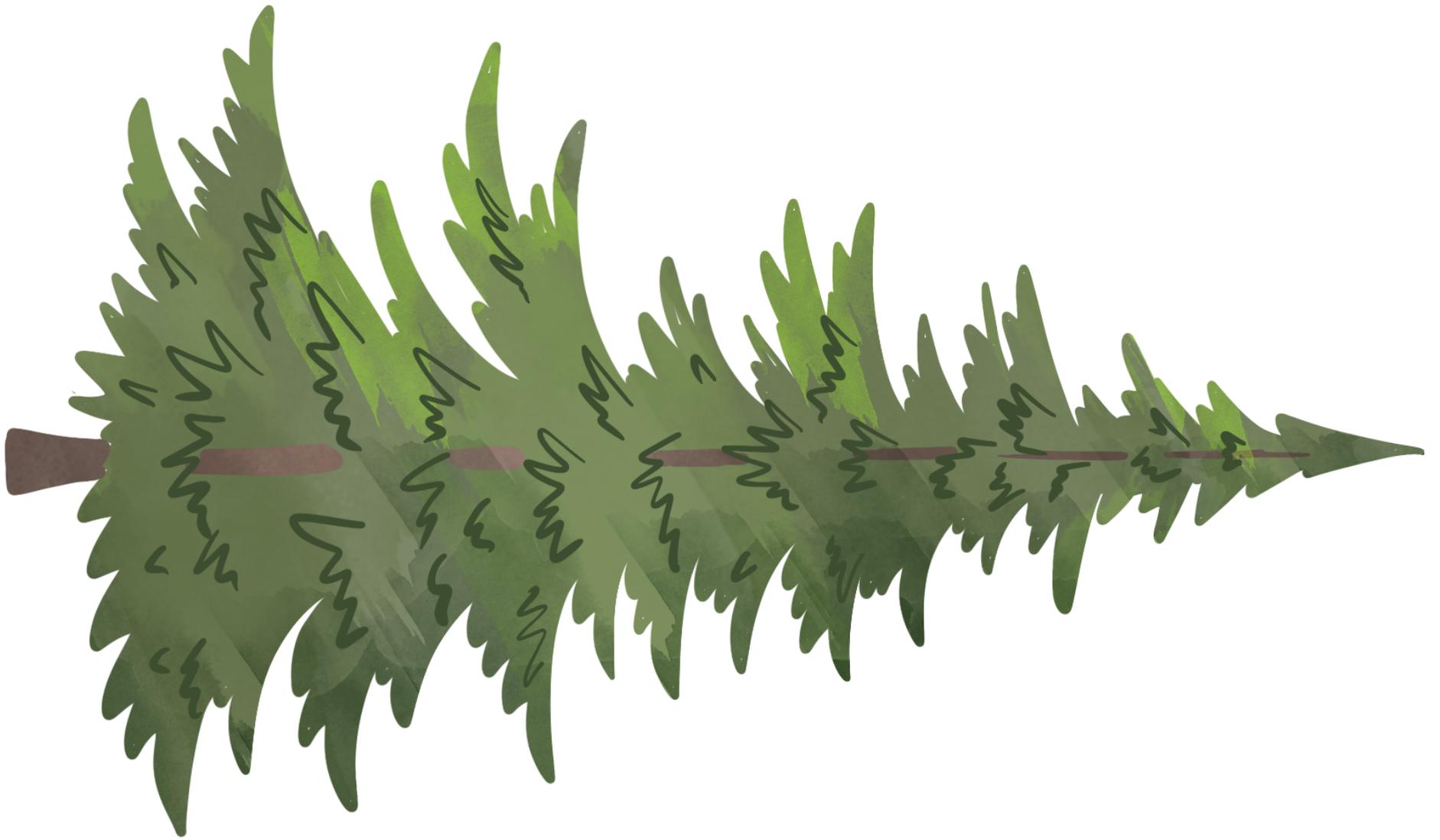












# S'more Ways to Stay Healthy

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

