



Feeling under the weather?

Sick kids shouldn't come to the library, so let us bring the library to you with our Sneezle Packs!

A Sneezle Pack is a library bag of personally selected books, audiobooks, movies, coloring and activity sheets, customized for your child's age and interests.

Give us a call at 708-366-5205 x 312 and tell us your child's age and what types of materials you'd like. We'll assemble the Sneezle Pack and leave it for you to checkout at the Circulation Desk.



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Tips for Cold and Flu Season

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and other public places (like the library) when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.



4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

*Source: Centers for Disease Control and Prevention Website– www.cdc.gov/flu/protect/habits.htm

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