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# QUICK TIPS for parents of school-age kids

It is our goal, as your local Health Department to provide useful information to prevent, promote and protect you and your family's health and wellness.

## Smoking in Cars



### 1

Cold weather can make smoking in your car feel convenient, but the smoke does not stay contained. Secondhand smoke is harmful to everyone inside, especially children, and can cause serious health problems even in small amounts. Learn more about secondhand exposure and how to quit smoking.



**Secondhand Smoke**



## Food Recalls

### 2

Ever worry that you may have purchased or eaten recalled food? This helpful guide explains what a food recall is, why foods are recalled, and what steps to take if you have bought or consumed a recalled product—plus other important information to help keep you and your family safe.



**Food Recall Guide**



**More on Food Safety Food Recalls**



## Tapestry Winter Tool Kit

### 3

Maintaining good mental health for kids during the winter is crucial. The combination of colder weather, and fewer daylight hours can impact children's well-being. Here are some strategies from Chautauqua Tapestry to support winter mental health for kids.



**Wellness Tool Kit**



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