

Sam the Safety Dog says...

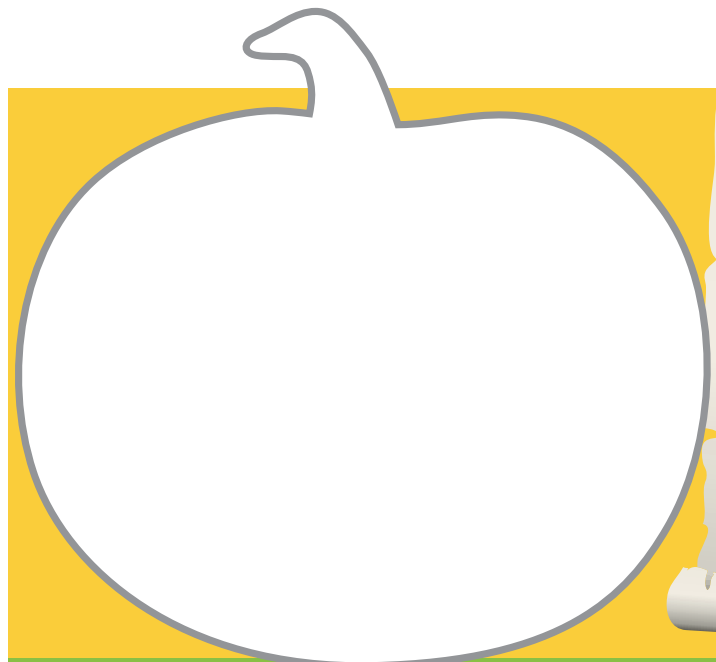
The NSC Safety Dog, Sam, is here to talk about safety with kids like you! This time, Sam has a special message about sneezing and coughing:

“If you have to sneeze or cough, do it into your elbow! That way, your germs won’t get on your hands and spread to other people.”



Pumpkin painting

Keep pumpkin decorating safe this year. Instead of using sharp knives to carve, try something new: Paint your pumpkins! Use the template below to practice what you’re going to paint on your pumpkin.



Kids in the kitchen

Apples are a healthy snack. Want to try a new way to eat them? Here’s an easy recipe for apple chips! You’ll need an adult to help you.

1. Wash an apple and cut it into thin slices.
2. Put parchment paper on a microwave-safe plate.
3. Put some of your apple slices on the paper, then microwave them for four to five minutes. You should see the edges start to curl up.
4. Flip them over, and then put them back into the microwave for about a minute, or until you see the edges of the apples are crisp.
5. Take them out and then let them cool for at least 10 minutes.
6. Enjoy!



BONUS! Email a picture of your painted pumpkin to FamilySafety&Health@nsc.org. We’ll post the pumpkin pics we receive on the **FS&H** website and social media accounts.