

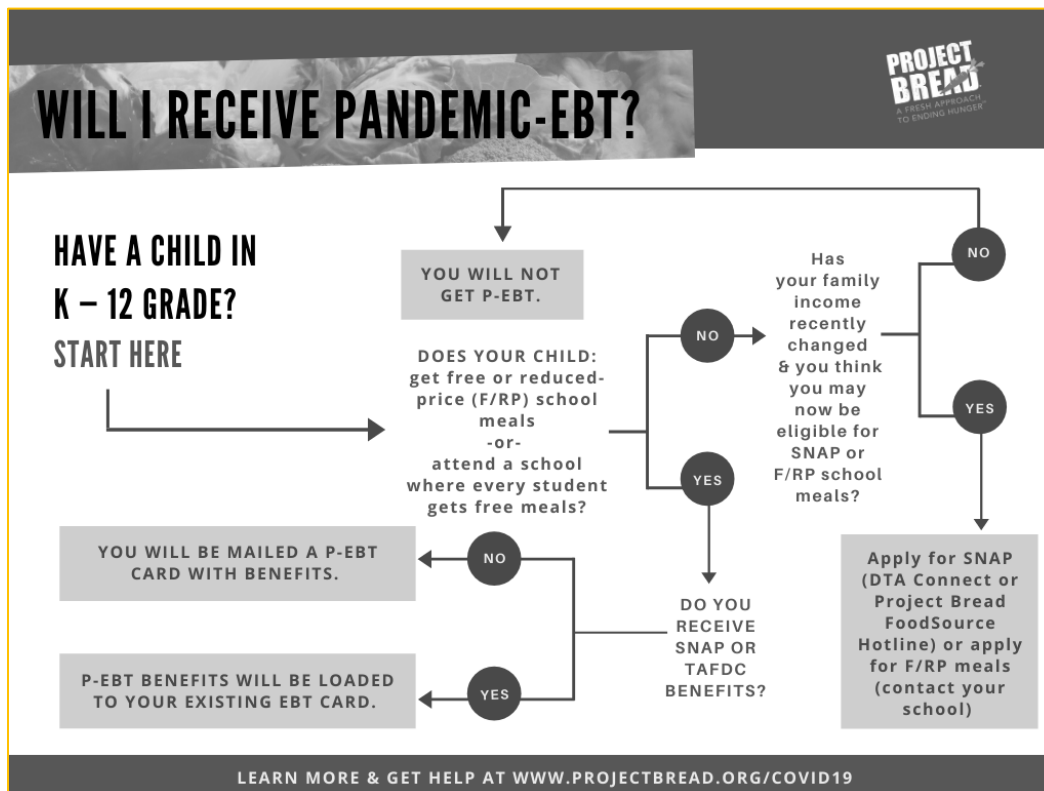


# Special Edition

## Parents Newsletter

### *Resources for parents and child caregivers*

#### RESOURCES



### HOW TO ACTIVATE YOUR P-EBT CARD



- **Call the phone number on the back of the card Massachusetts' EBT Hotline (800) 997-2555.**
- **Enter your P-EBT card number.**
- **Create a pin: It will then prompt you to enter the last 4 digits of your social security number - don't do this. Enter the last 4 digits of your child's case number that was provided on the letter you got in the mail.**
- **Then enter the child's date of birth using the 2 digit month + 2 digit day + 4 digit year. (Example: June 20, 2010 = 06202010)**

# MAKE A HEALTHY

# SPLASH!

Swallowing water in interactive fountains, splash pads, and spray parks might make you sick.



Germs can get into the water through poop coming out or washing off our bodies.



Swallowing water containing germs can make you sick with diarrhea.



- Water in interactive fountains is typically recycled and might contain germs.
- Water treatments like chlorine don't kill germs instantly.
- Pee in water weakens the germ-killing power of chlorine.

## Keep pee and poop OUT of the water.

### DO:



- Stay out of the water if you have diarrhea.
- Take bathroom breaks every 60 minutes.



- Check diapers every 30-60 minutes and change diapers away from the water.

### DON'T:



**DON'T drink the water.**



**DON'T sit on the water jets.**



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

**SPLASH HEALTHY!**  
[www.cdc.gov/healthyswimming](http://www.cdc.gov/healthyswimming)

CS238222-A

## BET YOU DIDN'T KNOW! 10 FUN FACTS...

- 1) Most people can't lick their own elbow - it's impossible.
- 2) A crocodile can't stick its tongue out.
- 3) A shrimp's heart is in its head.
- 4) If you sneeze too hard, you could break a rib.
- 5) Tigers have striped skin, not just striped fur.
- 6) Everyone's tongue print is different - like fingerprints.
- 7) A shark is the only known fish that can blink with both eyes.
- 8) Maine is the only state that has a one-syllable name.
- 9) A cat has 32 muscles in each ear.
- 10) An ostrich's eye is bigger than its brain.



## DHILS SPECIAL EDITION NEWSLETTERS – PAST ISSUES

### Missed a *What's Up* or *Parents Special Edition* Newsletter?

Find all issues [here](#) on CLW's website.

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## QUESTIONS ABOUT THIS NEWSLETTER?

### CONTACT YOUR SKILLS TRAINER WITH ANY QUESTIONS!

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