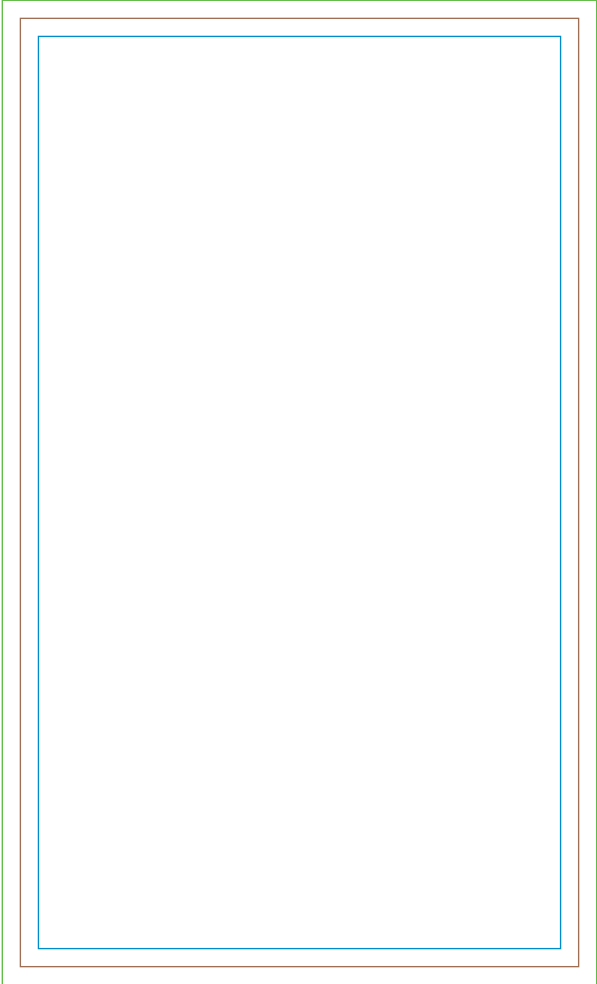
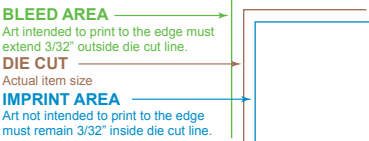


Item Number: INFO1

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 4.749



Item Number: INFO1A

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 1.8158

BLEED AREA

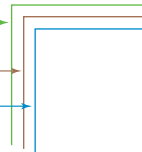
Art intended to print to the edge must extend 3/32" outside die cut line.

DIE CUT

Actual item size

IMPRINT AREA

Art not intended to print to the edge must remain 3/32" inside die cut line.



HEART ATTACK SYMPTOMS

Pressure, fullness, squeezing or pain in the center of the chest lasting two minutes or more.



Pain that radiates to the shoulders, neck, arms, back, jaws or teeth.

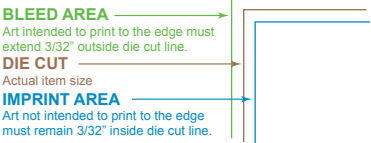









Lightheaded feeling, fainting, nausea, sweating or shortness of breath.

Item Number: INFO1B

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 1.0568



FREQUENTLY CALLED NUMBERS	
	_____ DOCTOR
	_____ HOSPITAL
	_____ PIZZA DELIVERY
	_____ OTHER
	_____ OTHER
	_____ OTHER
	_____ OTHER

Item Number: INFO1C

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 0.8477

BLEED AREA

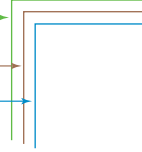
Art intended to print to the edge must extend 3/32" outside die cut line.

DIE CUT

Actual item size

IMPRINT AREA

Art not intended to print to the edge must remain 3/32" inside die cut line.



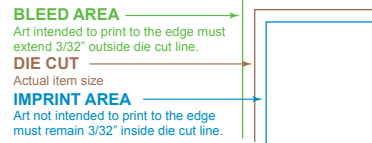
101 WAYS TO Praise YOUR CHILD

WOW • WAY TO GO • SUPER • YOU'RE SPECIAL • OUTSTANDING
• EXCELLENT • GREAT • GOOD • NEAT • WELL DONE •
REMARKABLE • I KNEW YOU COULD DO IT • I'M PROUD OF YOU •
FANTASTIC • SUPER STAR • NICE WORK • LOOKING GOOD •
YOU'RE ON TOP OF IT • BEAUTIFUL • NOW YOU'RE FLYING •
YOU'RE CATCHING ON • NOW YOU'VE GOT IT • YOU'RE
INCREDIBLE • BRAVO • YOU'RE FANTASTIC • HURRAY FOR YOU •
YOU'RE ON TARGET • YOU'RE ON YOUR WAY • HOW NICE •
HOW SMART • GOOD JOB • THAT'S INCREDIBLE • HOT DOG •
DYNAMITE • YOU'RE BEAUTIFUL • YOU'RE UNIQUE • NOTHING
CAN STOP YOU NOW • GOOD FOR YOU • I LIKE YOU • YOU'RE A
WINNER • REMARKABLE JOB • BEAUTIFUL WORK • SPECTACULAR
• YOU'RE SPECTACULAR • YOU'RE DARLING • YOU'RE PRECIOUS
• GREAT DISCOVERY • YOU'VE DISCOVERED THE SECRET • YOU
FIGURED IT OUT • FANTASTIC JOB • HIP, HIP HURRAY • BINGO •
MAGNIFICENT • MARVELOUS • TERRIFIC • YOU'RE IMPORTANT •
PHENOMENAL • YOU'RE SENSATIONAL • SUPER WORK • CREATIVE
JOB • SUPER JOB • EXCELLENT JOB • EXCEPTIONAL
PERFORMANCE • YOU'RE A REAL TROOPER • YOU ARE
RESPONSIBLE • YOU'RE EXCITING • YOU LEARNED IT RIGHT •
WHAT AN IMAGINATION • WHAT A GOOD LISTENER • YOU'RE
FUN • YOU'RE GROWING UP • YOU TRIED HARD • YOU CARE •
BEAUTIFUL SHARING • OUTSTANDING PERFORMANCE • YOU'RE A
GOOD FRIEND • I TRUST YOU • YOU'RE IMPORTANT • YOU MEAN
A LOT TO ME • YOU MAKE ME HAPPY • YOU BELONG • YOU'VE
GOT A FRIEND • YOU MAKE ME LAUGH • YOU BRIGHTEN MY DAY
• I RESPECT YOU • YOU MEAN THE WORLD TO ME • THAT'S
CORRECT • YOU'RE A JOY • YOU'RE A TREASURE • YOU'RE
WONDERFUL • YOU'RE PERFECT • AWESOME • A+ JOB • YOU'RE
A-OK • MY BUDDY • YOU MADE MY DAY • THAT'S THE BEST • A
BIG HUG • A BIG KISS • I LOVE YOU • GIVE THEM A BIG SMILE •

Item Number: INFO1D

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 1.4647



EMERGENCY CPR

THE ABC'S OF CARDIOPULMONARY RESUSCITATION

AIRWAY - If victim is unresponsive, tap or gently shake and shout. If no response, call for help. Then open airway by tilting head back and lifting chin up. With ear over victim's mouth **look** for chest movement, **listen** for sounds of breathing, and **feel** for breath on your cheek.

BREATHING - If victim is not breathing, pinch victim's nose shut and immediately give **two full breaths** while maintaining an air tight seal around victim's mouth.

CIRCULATION - Check victim's pulse by placing index and middle fingers on victim's carotid artery (in the neck). If no pulse is present, begin external chest compressions by placing hand on victim's sternum and **compressing chest 15 times** at a rate of 80 times per minute. Then give **two air ventilations**. Complete this cycle four times then check for breathing and pulse.

If victim does not respond, maintain CPR until emergency help has arrived.

Item Number: INFO1E

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 1.6668

BLEED AREA

Art intended to print to the edge must extend 3/32" outside die cut line.

DIE CUT

Actual item size

IMPRINT AREA

Art not intended to print to the edge must remain 3/32" inside die cut line.

Childhood IMMUNIZATION SCHEDULE

Range by Age Catch-up Vaccination Preadolescent Assessment

AGE	HEP B	DTaP	Td	Hib	IPV	PCV	MMR	Var	HEP A
Birth	X								
1 mo	X								
2 mo	X			X	X	X	X	X	
4 mo	X			X	X	X	X	X	
6 mo	X			X	X	X	X	X	
12-15 mo	X			X	X	X	X	X	
12-18 mo	X			X	X	X	X	X	
4-6 yr	●								
11-12 yr	●						●	●	

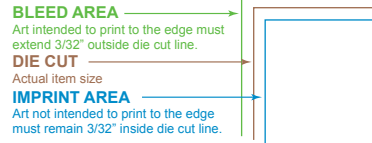
Hep B#1-between birth & 2 months, #2-between 6-18 months, #3-between 24 months-18 years. Your doctor's recommendations may be different.

This can be given as early as 12 months.

Item Number: INFO1F

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 1.0371



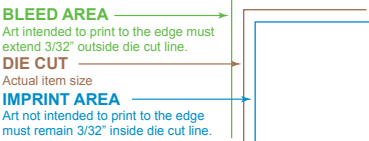
40 Low-Carb Choices

Meats: Roast Beef • Bacon • Pork Chops • Steak • Hamburger • Prime Rib • Pot Roast • Tenderloin • Luncheon Meats (read label for carb info) • Eggs • Poultry • Fish • Shellfish (Oysters have some carbs) • Cheese (some restrictions) • **Low-starch green vegetables:** Broccoli • Asparagus • Spinach • Mustard Greens • Salad Vegetables • Cauliflower • Green Beans • Brussels Sprouts • Celery • **Some Fruits** (in limited quantities, listed in order of preference) • Cherries (not maraschino) (1/2 cup) • Avocado (1/2) • Olives (6) • Strawberries (3 large) • Grapefruit (1/2) • Cranberries (1/2 cup) • Raspberries (1/2 cup) • Butter • Cream • **Most Nuts** (especially macadamia) • Soy Products (limited amounts) • **Low-Carb Snack Products:** Pork Rinds • Low-Glycemic Protein Bars • Low-Carb Protein Shakes • Low-Carb Bars • Some Restrictions: Milk • Grains & Cereals.

Item Number: INFOG

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 1.694



REMINDER ✓LIST

-  **DOCTOR - Yearly check-up**
-  **HOSPITAL - Mammogram**
-  **SUPPORT GROUP - Friends**
-  **LOCAL CANCER CENTER**
-  **SELF-EXAM - Monthly Dates**

Item Number: INFO1H

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 0.9576

BLEED AREA

Art intended to print to the edge must extend 3/32" outside die cut line.

DIE CUT

Actual item size

IMPRINT AREA

Art not intended to print to the edge must remain 3/32" inside die cut line.

Heart Attack

Symptoms/Warnings

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest, lasting more than a few seconds.
- Pain spreading to the shoulders, neck or arms—may be located in the chest, upper abdomen, neck, jaw or inside the arm or shoulders.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.
- Anxiety, nervousness and/or cold, sweaty skin.
- Increased or irregular heart rate.

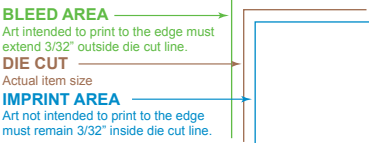
Not all symptoms occur in every attack. They may go away and return. If any occur, get help fast.

Call 9-1-1 or your Emergency Medical Services and get to a hospital right away!

Item Number: INFO1J

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 0.9363



Item Number: INFO1K

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 1.0814

BLEED AREA

Art intended to print to the edge must extend 3/32" outside die cut line.

DIE CUT

Actual item size

IMPRINT AREA

Art not intended to print to the edge must remain 3/32" inside die cut line.



Be Sun Smart!

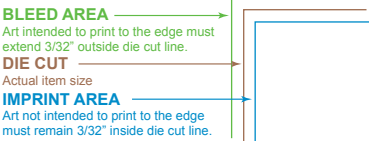
PROTECT YOUR SKIN FROM UV EXPOSURE

1. Use SPF 30 (UVA/UVB) sunscreen every day.
2. Apply sunscreen 30 minutes before going outside and reapply every two hours.
3. Wear protective clothing, a wide brimmed hat, and sunglasses.
4. Seek shade whenever possible, especially between 10 a.m. - 4 p.m.
5. Examine your skin once a month and see a dermatologist every year for a full skin exam.

Item Number: INFO1M

Item Size: 2.906 X 4.937

Imprint Area: 2.718 X 4.749



Stop the Spread of Coronavirus (COVID-19)

<p>Wash hands often with soap and water.</p>	<p>Avoid touching your eyes, nose, and mouth.</p>
<p>Avoid close contact with sick people.</p>	<p>Stay home if you are sick.</p>
<p>Cover your sneeze/cough with tissue or sleeve.</p>	<p>Clean & disinfect frequently touched objects & surfaces.</p>