



Travel Guide to Cameroon Back-to-School Edition

Food is the Key to Success

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Everyone knows that breakfast is the most important meal of the day. Now that kids are headed back to school it is even more important that they have a well rounded breakfast.

Breakfast foods should include fruits, dairy products, and whole grains that are high in fiber and nutrient rich. For example:

- Yogurt with berries or granola
- Whole grain, fiber rich cereal with low fat milk.
- Grilled cheese sandwich
- Eggs
- 100% fruit juice



It is also really important for children to eat healthy lunches. Having a nutritious lunch will help your child be more attentive. Studies have shown that kids who eat more balanced foods for both breakfast and lunch, tend to get better grades.

For more information see: <http://prn.to/qi1xAx>

Check out:

College Board
for info
about

- SAT
- ACT
- AP
- College Planning

Here's the link:

[http://
www.collegeboard.org/](http://www.collegeboard.org/)

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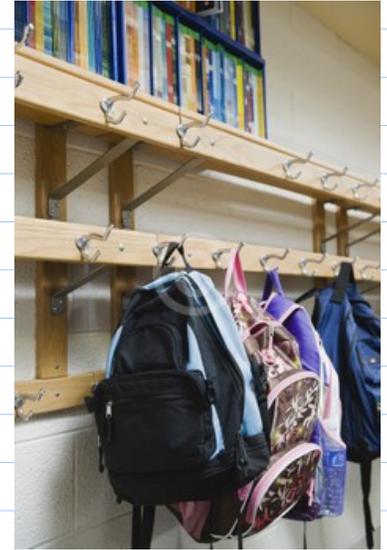
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Tips to Stop Germs at School

- 1) Wash your hands frequently throughout the day– Use warm water and lots of soap when washing your hands. Rub your hands vigorously for about 20 seconds, to help count sing “Happy Birthday” or the “ABC’s”
 - 2) Check on the hand washing policy of the staff.
 - 3) Mechanical pencils are a must– Studies have shown that pencil sharpeners are the dirtiest object in the class room.
 - 4) Disinfect– Check to make sure that surfaces are being wiped down with a disinfectant.
 - 5) Do it yourself– Send your child to school with his/her own disinfectant wipes. This way, after lunch or at the end of the day they can wipe down their work area.
 - 6) Bless you– Send your child to school with his/her own tissues. Also teach your child to cover his/her mouth when they sneeze or cough.
 - 7) Bring your own supplies– Sharing things like markers is a quick way to spread germs. Make sure that your child has his/her own box of crayons and or markers.
 - 8) Make sure that community toys are clean– Check to see if the class rooms toys are wiped down at the end of the day.
 - 9) Hang your bag in the bathroom– Studies show that most purses and backpacks have fecal matter on the bottom because they are put on the ground in the bathroom. So make sure that you hang it up.
- To see more see: <http://bit.ly/o9uArW>



“The whole purpose of education is to turn mirrors into windows.”

~Sydney J. Harris

Road Safety

Believe it or not your morning traffic is about to become much worse! The CDC recently featured an article about vehicle safety over seas. They provided statistics and tips for how to travel safely-

STATISTICS

- Worldwide, around 1.3 million people are killed in car crashes every year.
- Between 20-50 million people are injured in motor vehicle accidents.
- About 85% of all the casualties occur in under developed and developing countries.

HOW TO AVOID A CRASH

- ALWAYS wear a seat belt
- Try to avoid traveling at night
- Do not ride on motorcycles
- Be a defensive driver. Always be aware of your surroundings.
- Know the local traffic laws before driving.
- Be very careful when crossing the street. Know traffic laws before driving.
- Be very careful when crossing the street. Know that pedestrians do not always



To read more visit: <http://1.usa.gov/oX0eZl>



American Embassy Yaoundé

Quick Clicks!

Primary Address

Avenue Rosa Parks

P.O. Box 817

Yaoundé, Cameroon

USEFUL STATE.GOV LINKS- CHECK THEM OUT!

How can the Embassy assist you in an Emergency?

http://www.travel.state.gov/travel/tips/emergencies/emergencies_1212.html

Contact Information

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Decade of Action for Road Safety:

http://www.travel.state.gov/travel/tips/safety/safety_5449.html

Meet the Team!

Our friendly American Citizen Services (ACS) team is looking for opportunities to meet our fellow Americans residing in Cameroon. If you or your business would like to arrange a meeting please contact us at:

Consularyaounde@state.gov

We're on the Web!

<http://yaounde.usembassy.gov>

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