

RESTROOM READER

BRINGING YOU KNOWLEDGE ABOUT YOUR BODY & HEALTH
WHILE YOU TAKE A MOMENT TO YOURSELF!



NOV 2025

KEEP BEING SAFE THIS FALL!

Be sure to make plans to protect yourself this season. Concerns range from the flu, to starting your furnace, to using ladders safely when cleaning out gutters.

Use the QR code for more tips from Mayo clinic!



***Remember, people will spend more time indoors when it's cold.**

- Cover your coughs & sneezes.
- Wash hands regularly.
- Stay home when you are sick.

How to get outside & enjoy the cool, fall weather

- campfires
- visit the pumpkin patch
- apple picking
- take walks
- fall color hikes
- read a book on the porch or patio
- ride bikes



AUTUMN JOKES

Why did the scarecrow skip the horror movie?
-He didn't have the guts to go!



Why did the apple pie cry?
-Its peelings were hurt!