

Follow and share these easy tips to help stop the spread of many infectious diseases!

STAYING HEALTHY IS IMPORTANT TO YOU & YOUR STUDENTS

Wash hands often and properly

Frequent hand washing is extremely important in preventing the spread of disease such as flu and colds. Learning the right way can keep you and your students in school instead of in a sick bed. The key - using soap and water and rubbing vigorously for 20 seconds. After rinsing and drying, use a paper towel to turn off the faucet and open the exit door. This will protect you from any germs that may be lurking about from those who have not perfected their hand-washing skills.

If using hand sanitizer remember:

- Gels, rubs and hand wipes work well as long as they contain at least 60% alcohol and if hands are not visibly soiled.
- Do not use if hands are chapped or cut. Ouch!
- Hand wipes must be disposed of properly.
- Due to alcohol content, sanitizers should not be placed in areas that do not have adult supervision.

Cover that sneeze or cough

With an average sneeze speed of 90 mph, not only is it polite to cover your mouth, it's vital to prevent the spread of germs to others. If tissues are not available, cough or sneeze into your sleeve or the inside of your elbow — **NOT in your hands!** If you use a tissue, throw it out immediately - don't put in your pocket or purse. Then, give your hands a good washing. Remember, keeping your hands away from your mouth, nose or eyes will also help stop the spread of germs.

Keep your classroom clean

Maintaining classroom cleanliness is important to prevent the transmission of communicable diseases. School staff should routinely clean areas that students and staff touch often with the cleaners they typically use. Special cleaning with bleach is unnecessary.

Follow standard precautions

No one should attempt to clean up a spill of any body fluids such as blood, vomit and other discharges from the nose, eyes and mouth without following standard precautions. Students should be instructed to notify a teacher, nurse, or other adult of spills. If you are the adult charged with cleaning the spill:

- Always wear gloves
- Carefully clean up, avoiding splashes
- Clean area with soapy water, or better yet, disinfectant
- Properly dispose of cleaning materials and gloves in a secure plastic bag
- Properly wash hands after removing gloves.

Never touch anything sharp!

Teachers and students alike must notify school authorities if they see needles or other sharp items on the grounds so they may be disposed of properly. Sharp items must be handled carefully. Wear gloves and dispose of sharp item in an appropriate container.

Name of person at our school responsible for disposal:

