

## **Tips on How to Keep Your Students Healthy and in School**

### **WASH YOUR HANDS**

Germs are invisible, it is important to wash your hands even when they don't look dirty, including:

- Before eating, also before, during and after preparing food
- After using the bathroom
- After handling animals or their waste
- When someone at home is sick

### **HAND WASHING PROCEDURE**

1. Wet hands in warm, running water
2. Lather well with soap. Rub hands vigorously for 15 – 20 seconds. Scrub all surfaces (back of hands, wrists, between fingers, under nails).
3. Rinse well. Dry with a clean or disposable towel. (In a public restroom, leave the water running, dry hands, then turn off the faucet using a paper towel.)

**NO SOAP OR WATER** – Use Hand Sanitizers– they are ideal when there is no soap and water.

- Apply to palm
- Rub hands together and cover all surfaces, until they are dry.

### **STAY HOME WHEN ILL**

Parents and Guardians should monitor their school-aged children for symptoms of influenza-like illness and keep ill students home until symptom free and limit contact with others to decrease spread.

Please contact your Physician or School Nurse with questions and visit the **From The Nurse** site for more information on Influenza.