

Hygiene Guidance

COVID-19 spreads primarily through respiratory droplets. Contact with respiratory droplets either due to close proximity or surface droplets increases the likelihood of contracting the disease. Most respiratory droplets will fall to the ground or land on a surface within a 6 feet distance. Transmission may occur due to close contact with those droplets or through hand to face transfer. In order to prevent the potential for hand to face transfer it is important to have enhanced personal hygiene.

1. Frequently wash hands with soap and water for 20 seconds or the length of time to sing Happy Birthday two times.
2. Soap and water is preferable over hand sanitizer.
3. Hand sanitizer may be used in lieu of soap and water when that is not available. Hand sanitizer should contain at least 60% alcohol.
4. Wash/sanitize hands:
 - a. Upon entry to school
 - b. Whenever leaving the classroom and upon re-entering the classroom
 - c. Before and after lunch
 - d. Before and after the bathroom
 - e. Before and after visiting the health office
 - f. Before and after putting on or removing masks
 - g. After recess
 - h. After using a tissue to blow nose
 - i. At end of school day
 - j. Upon return home
5. Use a tissue and throw it into a trash can with a plastic bag liner.
6. Cough into sleeve/elbow.
7. Avoid touching face, nose, eyes or mouth.

Home Guidance after school, based on health guidelines:

1. Remove clothes and wash.
2. Wash mask.
3. Wash hands with soap and water.
4. Disinfect shoes with wipe or wash.
5. Disinfect books, book bags, etc. with disinfectant wipes.
6. Wash eyeglasses with hot water and soap.
7. Students and faculty/staff should shower.

Resources:

1. [CDC: How to wash cloth face coverings](#)
2. [CDC: Cleaning and disinfecting in home; Laundry recommendations](#)