

A message from your school nurse Mrs. Kubik

Your children have been doing a wonderful job at school washing their hands and using proper respiratory etiquette. We are in the mist of the COVID-19 pandemic and flu season is right around the corner. Therefore, it's very important we continue to work together to keep everyone well. Proper respiratory etiquette, wearing a face covering, and handwashing are easy steps we can all do throughout the school year to make this happen. At school everyone wears their face coverings except during mask breaks. You may not wear a face covering at home, so respiratory etiquette may look a little different. Here's proper respiratory etiquette for both.

Respiratory Etiquette



1. If you are wearing a face covering, do not remove it if you need to cough or sneeze.
2. If you are **not** wearing a face covering, cover your mouth and nose with a tissue when coughing or sneezing.
3. If you don't have a tissue, cough or sneeze into your sleeve or elbow.
4. **Do not** cough or sneeze in your hand.
5. Use in the nearest trash can to dispose of the used tissue.
6. Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic hand wash) after having contact with respiratory secretions and contaminated objects/materials.
7. If your mask gets saturated with nasal mucus from a sneeze or runny nose, change your face covering or clean it (face shield). Always keep an extra face covering with you in case it gets wet or dirty.
8. Keep an extra face covering in your child's backpack in case they would need to change it at school. Keep it with a plastic bag for students to place their soiled one.
9. Wear a clean face mask every day.

Here is a new video about proper respiratory etiquette

<https://www.youtube.com/watch?v=unCsGsCx9BQ>

Proper handwashing is just as important in stopping the spread of the flu and COVID-19.

Hand Hygiene



1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse hands well under clean, running water.
5. Dry hands using a clean towel or air dry them.

Here's some great handwashing videos to share with your children. <https://youtu.be/FQP8rVbovxE>
<https://www.youtube.com/watch?v=L89nN03pBzl>