

A message from your school nurse Mrs. Kubik



1. If you don't have a tissue, cough or sneeze into your sleeve or elbow.
2. **Do not** cough or sneeze in your hand.
3. Use in the nearest trash can to dispose of the used tissue.
4. 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.

Proper handwashing is just as important in stopping the spread of viruses such as 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>