

## HEALTHY HABITS

Maintaining a healthy environment for all students is the responsibility of all of us. We encourage people to protect themselves against contagious disease now by learning healthy habits that help to reduce the spread of germs.

- People who are sick should stay home from work or school and avoid other people until they are better. They should be fever free for 24 hours.
- Teach your children to wash their hands often. Washing with soap and hot water for at least 20 seconds is ideal. That's about as long as it takes to sing the "Happy Birthday" song twice.
- Teach your children the proper use of hand sanitizer. Gels, rubs and hand wipes all work well, as long as they contain at least 60% alcohol. Hand wipes must be disposed of properly. Always read and follow label instructions when using hand sanitizer.
- Teach your children to keep their hands away from their face and avoid touching their mouth, nose or eyes.
- Teach your children not to share water bottles with others and keep hands away from shared snacks.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of their elbow. Cough or sneeze into your sleeve – not your hands!