

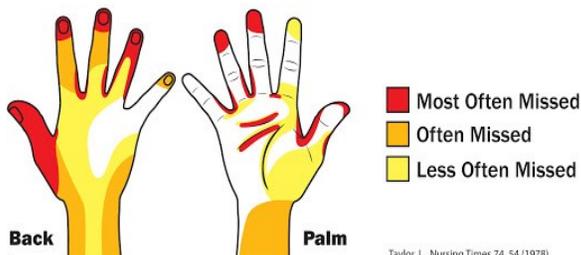
How should I wash?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails.
 - ◆ Hum the Happy Birthday song!
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.

Alcohol-based Hand Sanitizer

1. apply enough to cover all surfaces of the hands.

Areas most often missed with inadequate handwashing.



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*Due to the nature of this virus, please share this information with family and friends. The school is taking extra precaution by increasing the cleaning and disinfecting process of the buildings. *

www.cdc.gov/handwashing

NYS Department of Health

www.health.ny.gov

“Serving our community to improve the health and success of our students”

Hand Hygiene

Preventive actions
to help stop the
spread of the Flu
and Coronavirus





Flu versus Coronavirus

Flu symptoms include:

- Fever, cough, sore throat, runny/stuffy nose, muscle/body aches, headache, tiredness.

Coronavirus (Covid-19) symptoms include:

- Fever, cough, trouble breathing, and in some cases pneumonia.

Both viruses are spread from person to person from coughing or touching objects that have the virus on it.

Ways to Prevent Illness

1. Wash your hands often with soap and water for at least 20 seconds.
 - Sing the Happy Birthday song while washing.
2. If soap and water are not available, use an alcohol based hand sanitizer.
3. Avoid touching your eyes, nose, and mouth with unwashed hands.
4. Stay home when you are sick.
 - School policy is to stay home if you have been sick and to be symptom free for 24 hours before returning.
5. Cover your cough or sneeze with a tissue or elbow, then throw the tissue in the trash.
6. Clean and disinfect frequently touched objects and surfaces.



When Should I wash?

1. Before, during and after preparing food.
 2. Before eating food.
 3. Before and after caring for someone who is sick.
 4. Before and after treating a cut or wound.
 5. After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom.
 6. After blowing your nose, coughing, or sneezing.
 7. After touching an animal, animal food or treats, animal cages, or animal waste.
 8. After touching garbage.
 9. If your hands are visibly dirty or greasy.
- Use alcohol based hand sanitizer if soap and water are not available.
 - Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy. Wash your hands with soap and water instead.

