Stop Germs! Wash Your Hands.

**When?**
- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

**How?**

**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

**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.

**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

**Rinse** hands well under clean, running water.

**Dry** hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

www.cdc.gov/handwashing
Cold and Flu Season

With the cold and flu season still upon us, please keep in mind and/or reinforce to your children:

- Flu shots is not too late! Flu vaccines can prevent the flu or lessen its intensity
- **Handwashing, handwashing, handwashing!** Handwashing remains the single best way to prevent infection. Please reinforce this with your children. (see above)
- Hand sanitizer- when handwashing is not possible, use hand sanitizer with at least 60% alcohol
- Do not touch your face with your hands
- Cover coughs and sneezes with your elbows
- Frequently clean touched surfaces. Don’t forget about areas such as phones and doorknobs!
- Keep your children home if they are showing symptoms of illness (such as fever, chills, lethargic, persistent sore throat, vomiting, diarrhea, excessive coughing or sneezing).
- Keep children home until they are 24 hours fever-free (without the use of fever reducing medication), per BCPS policy.

The CDC advises that with COVID-19 (the current coronavirus) on the rise, the best way to prevent infection is to avoid being exposed to the virus that causes it. Following the above guidelines will help keep our community healthy. For more information and recommendations by the CDC, please see: [https://www.cdc.gov/](https://www.cdc.gov/)

**If your child tests positive for the flu or COVID-19, please notify the school nurse. It is very helpful information for our tracking purposes.**

**Health Physicals, Dental Forms, Changes in health status, etc.**

Please be sure the health suite has updated copies of your child’s latest physical or dental visit. (Let me know if you need blank forms) Please also contact me if there are any changes or additions to your child's health status (ex. glasses, immunizations, new medications or new health concerns) so that we can keep his/her health record accurate and up to date. Thank you!

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