

A MESSAGE FROM YOUR SCHOOL NURSE-TEACHER

Reminder to all parents/guardians: When your child is out sick, please notify the school why your child is home sick. There are some illnesses that the School Nurse has to notify your child's class or the whole school of per state regulations. Many of you have received some of these notices. Your child's name is not given out for confidentiality reasons. Thank you for your cooperation in this matter.

With all the different things that can make you sick during the winter time spreading through the schools, your homes, and your workplaces I would like to remind everyone that **hand washing** is the best way to prevent the spread of diseases. Our hands do many things for us; one of the worst things is spreading disease. Here are the proper steps to take when you wash your hands:

1. Turn on the faucet.
2. Wet hands with warm water (the water does not need to be hot). Cold water is okay if warm water is not available.
3. Apply soap to hands, you should use enough soap to create a generous lather.
4. Wash hands for **20seconds** making sure to rub hands together vigourously getting the tops of the hands, palms of the hands, the fingers and in between the fingers. You should not have your hands under running water for the 20 second time period because it rinses the soap off and your hands will not get properly cleaned.
5. Rinse you hands with water.
6. Use a towel to pat dry hands.
7. Turn off faucet with towel so your hands do not get re-contaminated by touching the faucet handle.

Please be sure to change your hand towels frequently at home. Paper towels are usually the best to use to dry hands because they are thrown away after each use but they can be costly.