

## Universal Precautions

- Wash your hands for 20 seconds or more with soapy water. If unavailable, use hand sanitizer.
  - Avoid touching your eyes, nose, or mouth with unwashed hands.
  - Avoid contact with people who are sick
  - Stay home while you are sick (except to visit a health care professional) and to avoid contact with others.
  - Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
  - Get adequate sleep and eat well-balanced meals to ensure a healthy immune system.
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## Hand Washing Expectations

Our schools are reminding students to wash their hands anytime they have used the restroom, and prior to lunch. These are always good habits, and critical to the containment of disease.

Custodial staff will keep soap fully stocked in bathrooms to support these efforts and we are increasing the availability of hand sanitizer stations.

Staff will also reinforce good hygiene and remind students to not touch their face, nose, or mouth, sneeze into a tissue or elbow, and reduce physical hand contact (high fives, fist bumps, etc.).

## Video Links

The links below are of videos you can use to help reinforce the importance of proper handwashing and covering of coughs/sneezes with your children and others.

### Videos for older and younger students:

[Click this link to watch a video for older children](#)

[Click this link to watch another video for older children](#)

[Click this link to watch a video for younger children](#)

[Click this link to watch another video for younger children](#)

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## Monitoring Illness

Many parents are already aware this flu season has been a challenge for many of our students and families. We have closely monitored student attendance during this flu season. All of our nurses work with our building principals and custodial staff to report student illness so there can be additional cleaning in those classrooms where increased illness has been reported. We also encourage parents to report illnesses to the school so we accurately know why a student is absent from school. Students should be fever-free for 24 hours prior to returning to school.

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## **Environmental Practices**

Custodial staff members have increased the frequency of cleaning common and high-traffic areas. They have been deep cleaning all areas of each school. Recently, the District purchased a 360 cleaning system. Further, we have been rotating a sanitation aerosol cleaning system that is disinfecting large areas.

Prioritized cleaning includes bathrooms, water fountains, the lunchroom, common spaces, door handles, emergency bar on doors, handrails on stairs, etc. Buses are also receiving additional cleaning. All efforts will be made to keep students healthy and safe. We will continue to explore cleaning options and ensure that best practices are in place.