

Parents and Guardians,

With respiratory illness season upon us, please take a few minutes to remind your children of some of the simple things they can do to avoid spreading germs that can make them and others sick. Thank you for helping us provide a healthy environment for all students.

Cover your Cough: Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands. The Jimmies-Do The Elephant: <https://www.youtube.com/watch?v=3iqZ61fTW9M>

Frequent Handwashing: Keeping hands clean is one of the most important steps to prevent the spread of germs and illness. The CDC (Center for Disease Control and Prevention) recommendation for proper hand-washing includes:

<http://www.cdc.gov/handwashing/when-how-handwashing.html>

- Wet hands with clean running water, then apply soap
- Rub your hands vigorously as you wash them for at least 20 seconds (sing the Happy Birthday song twice while you rub)
- Wash all surfaces (palms, backs of hands, wrists, between fingers, and under nails)
- Rinse well under clean, running water
- Dry hands off with a single use towel or dryer

If there is no Running Water and Soap: Use an alcohol-based hand-sanitizer (at least 60% alcohol). It can reduce the number of germs, but does not eliminate all types of germs.

- Apply to palm of one hand (amount per labeling instructions)
- Rub hands together
- Cover all surfaces of hands and fingers until dry

When to Wash your Hands: <https://youtu.be/C4pAjf3PsUY>

- Before, during, and after preparing food
- Before and after eating
- After using the toilet
- After contact with body fluids or changing diapers
- After blowing your nose, coughing, or sneezing
- Before or after treating a sick or injured person
- Before touching your eyes, mouth, or nose

When to Stay Home from School: (as taken from the Forest Lake Guidelines)

- They have a temperature of 100 degrees or higher in the past 24 hours. They should be kept out of school for 24 hours after they are fever-free without the use of fever-reducing medications.
- They have an uncontrolled cough.
- They have a diagnosis of Strep Throat, can return 24 hours after starting on an antibiotic.
- They have Pink Eye with thick white or yellow drainage and eye pain. An exam by a doctor is recommended.
- They have an unidentified rash that has not been treated.
- They have had vomiting or diarrhea within the last 24 hours.
- They feel too ill to remain in class and benefit from attending school.
- They have active head lice. They will be sent home for treatment.
- They have pain that requires a narcotic/controlled medication for relief.