



A Note from the Nurse

This note will provide students and families of our district important tips to stay healthy during this pandemic of the coronavirus. It is important to not panic, but to remain calm and try to stay healthy during this time.

1. Proper hand hygiene is important in preventing and/or spreading any kind of illness. Wash hands with warm water, lather soap for at least 20 seconds, rinse, use clean paper towel to dry. Encourage singing 'Happy Birthday' or 'ABCs' twice while lathering soap. When hands are not visibly dirty, it is okay to use hand sanitizer to clean them. Effective hand sanitizer should contain at least 60% alcohol. Put hand sanitizer in classrooms, main office, and cafeteria to make it easily accessible for use.
2. Encourage students to avoid hand contact with face. Encourage students to cover mouth and nose when coughing and sneezing. Wash and/or sanitize hands after coughing or sneezing. Encourage hand cleansing prior to eating meals and snacks.
3. Clean high frequent touch surfaces daily, more frequent if necessary. Door knobs, table tops, desks, toilet handles, sink handles, water fountains, frequently used toys, computers, phones, cellphones/tablets, etc for example.
4. Talk to your student about germs. Help them understand the importance of staying healthy and how to prevent the spread of germs. This you tube video is a great resource:
<https://www.youtube.com/watch?v=AYhPftJwvj0&t=247s>
5. All students and staff should stay home if they are sick, and remain at home until fever free for 24 hours without the use of fever reducing medications (Tylenol, Motrin, etc). Encourage visitors to stay home as well as if they are sick.
6. Educate students and parents on the importance of healthy habits to maintain a healthy immune system. Health habits such as nutritious diets and proper amount of sleep at night.
7. For all updates on this virus, please use factual resources. The CDC and IPDH are continually updating facts. Stay up to date on virus information by visiting:
<https://www.cdc.gov/coronavirus/2019-nCoV/>.
<http://www.dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>