

Dear Parents and Guardians,

Going back to school means fall is coming and so are many illnesses. The best way to prevent your child from becoming ill is teaching him or her proper hand washing. Please review the following information with your child at home. We will be doing the same during school.

WHEN TO WASH YOUR HANDS

- Before eating
- After using the restroom
- After playing with a pet
- After touching garbage
- After blowing your nose, coughing or sneezing



HOW TO WASH YOUR HANDS

- Wet hands with water
- Apply soap and lather front and back of hands, between fingers and fingernails
- Scrub for at least 20 seconds (Need a timer? Sing your ABC's !)
- Rinse hands with clean water
- Dry your hands with towel or air dry

Remember, the best way to keep from getting ill, is to wash your hands! Also, get a good night's sleep, eat healthy food, and exercise regularly. Thank you for taking time to talk about this with your student.

The Elementary Health Office Staff