



IDALOU ISD & GERMBLAST®

ARE COMMITTED TO PROTECTING STUDENTS AND FACULTY FROM ILLNESS & INFECTION

Idalou Independent School District is proud to partner with GermBlast® for the 2015-2016 school year. The GermBlast® service kills microorganisms in the environment that cause illness and infection such as the flu, stomach bug, staph infection, strep throat and much more. GermBlast® Technicians will service each campus, athletic facilities, and athletic equipment, three times this year. Our partnership will provide the district with a healthier educational environment in which students are more likely to reach their full academic potential.



GERMBLAST®
KEEPING THE FIGHT OUTSIDE THE BODY.

A HEALTHIER ENVIRONMENT BEGINS HERE.

For more information, call 877.771.3558 or go to germblast.com

HEALTH & WELLNESS TIPS

Perhaps the easiest, most effective way to promote good health is by washing your hands often and thoroughly with soap and water. The Centers for Disease Control and Prevention recommends frequently washing your hands with soap and water for 20 seconds - about the time it takes to sing "Happy Birthday" twice - or using an alcohol-based hand sanitizer if soap and water are unavailable.

Adults should wash their hands after using the toilet, helping a child use the toilet or diapering a child, and before preparing, serving, or eating food; children should wash their hands after using the toilet and before eating snacks or meals. An adult should wash the hands of infants and assist with small children.

In addition to keeping your hands clean, there are several steps you can take to help prevent yourself from getting sick.

how to COMBAT THE FLU

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw tissues in the trash immediately after use.
- Avoid touching your eyes, nose, or mouth.
- If you're sick, stay home from work or school, and limit contact with others.

how to AVOID E. coli AND SALMONELLA

- Disinfect toys, bathrooms, and food preparation surfaces frequently.
- Use diapers with water-absorbing outer covers and make sure children wear clothes over diapers.
- Wash dish towels weeks in hot water. Do not use sponges.
- Wash fruits and vegetables and cook meats, fish, and poultry thoroughly.
- Avoid raw eggs; use pasteurized eggs in recipes that call for uncooked eggs.
- If you're unsure of water quality, drink bottled fluids and avoid ice cubes.

how to PROTECT YOURSELF FROM MRSA (MRSA is a highly resistant bacterial infection.)

- Practice good food hygiene.
- Keep cuts and scrapes clean and covered with a bandage until healed.
- Avoid contact with others' wounds or bandages.
- Do not share personal items such as towels or razors.

this information is provided by



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