

School Nurse's Health Tips

WANT TO DO SOMETHING ABOUT COVID-19?

It is easy to feel powerless and have feelings of being out of control during this public health crisis.

The evidence is clear that we **DO** have a **VERY** important part to play in the fight against COVID-19. We should commit to being “germ busters” in an attempt to help slow down the spread of the virus. We all have a responsibility to help keep yourself, your family, and fellow citizens healthy during these unprecedented times.



HOW CAN YOU BE A “GERM BUSTER?”

- **STAY HOME**, as much as possible
- **Stay home** when you are sick. **Avoid close contact** with other people that are sick. Let others run your errands for you, if you are sick.
- **Avoid touching** your eyes, nose, or mouth.
- **Cover cough** and sneezes.
- **Clean and disinfect** hard surfaces frequently.
- **Practice social distancing**, as recommended by the CDC (within about 6 feet)
- **Wash hands frequently** with soap and water. If soap and water not available use hand sanitizer.

https://www.cdc.gov/handwashing/pdf/family_handwashing-508.pdf

https://www.healthwise.org/getattachment/specialpages/COVID-19-Resources/HW_Charlie-Story.pdf

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

****For questions or concerns please contact your School Nurse**

