



SCHOOL HEALTH

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PREVENTING COMMUNICABLE DISEASES IN THE SCHOOL SETTING

Hand washing is the single most important way to prevent the spread of communicable diseases. Use soap, warm water and disposable paper towels. Wash your hands frequently and teach children to wash their hands, too. Hand washing reduces the number of microorganisms on hands that can spread communicable diseases.

Open the window to let the fresh air in! Well-ventilated rooms help reduce the numbers of airborne germs inside. Airing out the rooms is important, even in the winter. When it's cold outside, we spend the majority of time inside. Respiratory diseases easily spread from coughs and sneeze. Opening the window at least once a day lets the germs out and fresh air in.

Follow a good housekeeping schedule and disinfect in the proper way. Make sure that the floors, walls and bathrooms are clean! The simplest way to disinfect a surface is to first clean the surface with a soap and water solution and thoroughly rinse with clear water. The best and least expensive way to disinfect a surface is to use a solution of 1 cup of household bleach in one gallon of water. Be

careful not to use this solution on surfaces that could be damaged, such as carpets. This preparation is inexpensive and kills bacteria, viruses and most parasites. If you prefer to use a commercial disinfectant, you may. It is important, however, to measure the amount of disinfectant according to the directions on the bottle to get the necessary concentration needed to disinfect.

Do not share personal items among children and keep their belongings separate. Do not allow children to share belongings such as hair brushes, food, clothing, hats, or other items. Separate children's coats and hats.

We will exclude sick children and staff. Sending a sick child home with his/her parent helps to prevent the other children from becoming ill with a communicable disease.