



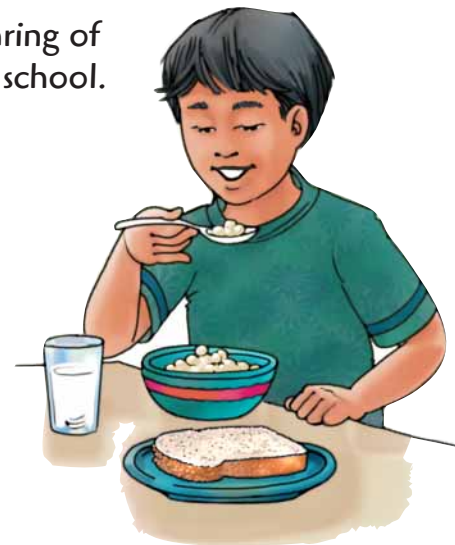
Tips to Keep a Healthy Classroom

PROPER HAND-WASHING TIPS FOR STUDENTS

1. Use soap and water.
2. Rub hands together vigorously and wash them for at least 10–15 seconds. That's about as long as it takes to sing the alphabet song!
3. Wash all areas—fingers, palms, back of hands, between fingers, and under fingernails.
4. Rinse well with water.
5. Dry hands with a paper towel.
6. To avoid touching faucets with clean hands, turn off faucets holding the paper towel.

TEACHERS' TIPS FOR A HEALTHY CLASS

1. Clean desks and chairs with an antibacterial spray.
2. Remind families to keep children with colds at home until fevers subside and coughing and sneezing decrease.
3. Keep boxes of tissues in the classroom and keep some tissues with you for students.
4. Teach students to throw used tissues into the trash and wash hands thoroughly after use.
5. Discourage the sharing of cups or utensils at school.



*Classroom tips adapted from "Cough and Colds: Healthy Advice for Your Child," sponsored by Triaminic, 2003 On Target Media, LLC.