

STAFF RESOURCES

Things You Can Do to Create a Healthy Classroom

Use Proper Hand-Washing Techniques

1. Use soap and water.
2. Vigorously rub your hands together and wash them for at least 10-15 seconds (about how long it takes to sing the alphabet song).
3. Wash all areas – fingers, palms, backs, between your fingers and underneath your fingernails.
4. Rinse well with water.
5. Dry your hands with a paper towel.
6. Turn off the faucet holding the paper towel to avoid touching the faucet with clean hands.

Simply washing our hands and teaching our students to do the same can help prevent numerous germs, viruses and bacteria from infecting others at school.

Keeping our students healthy and in school throughout the year is challenging and takes teamwork. By following these tips and working together, we can increase each student's chance for health and success.

Tips for a Healthier Class

1. Try to maintain cleanable horizontal surfaces.
2. Avoid clutter. Put loose items and piles into plastic boxes that can be wet-wiped.
3. Report water leaks, water stains, damp materials, or musty or moldy smells to the building administrator immediately.
4. Report stained ceiling tiles to the building administrator. Wet or damp ceiling tiles could harbor mold.
5. Reinforce and make time for healthy practices, such as covering sneezes and washing hands with soap and water. Contrary to popular belief, most cold germs are passed on the hands, not by sneezing.
6. Keep boxes of tissues in the classroom; take some tissues with you for when your students need them.
7. Teach students to throw used tissues into the trash and to wash their hands thoroughly afterward.
8. Do not allow students to share cups or utensils.
9. Create opportunities for your students to drink water. Not enough fluids contributes to poor hydration, which can cause constipation, headaches, fevers, bladder infections and dry/itchy skin.
10. If you must serve snacks, make them nutritional. Avoid empty-calorie foods. Fruit is always a good choice for a healthy snack.
11. Bring any student health concerns immediately to the attention of the school nurse.



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