

HEALTH PROMOTING SCHOOLS

Hygiene Practices to Keep us Healthy!

Adapted from an APPLE Schools resource

HEALTH NOTE FACTS:

In our school community and at home we all have a role in keeping ourselves and others healthy and safe. Hygiene practices that we do in our daily routine help keep us clean and protect us from germs and getting sick. Things like taking a bath or shower, washing our hands before we eat, cleaning our clothes, or brushing our teeth are common hygiene practices. So how can we remember hygiene practices to use at school? Think of the acronym – **SUPER**

- **Soap or sanitize your hands.** It only takes 20 seconds to properly clean your hands.
- **Use your own items.** Germs can live on all surfaces like pencils, water bottles, and books. Reduce the spread of germs by using own items.
- **Personal space.** Keep a comfortable and safe distance between you and others.
- **Elbows for coughing and sneezing.** Make the effort to cough or sneeze into your elbow.
- **Recognize symptoms.** Our bodies warn us when we're getting sick by showing symptoms like: fever, cough, shortness of breath or difficulty breathing, runny nose, and sore throat. Stay home when sick.

The best way you can keep yourself, your family and your school community healthy and safe, just remember to be SUPER!

RESOURCE LINKS:

- [Clean your Hands](#)
- [Flu Prevention](#)
- [School Exclusion Guidelines](#)
- [Communicable Disease Fact Sheets](#)
- [Handwashing Poster](#)
- [Hand Sanitizer Poster](#)
- [Basic Respiratory Etiquette Poster](#)
- [NB Immunization Schedule](#)
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Additional Tips:

One of the best ways to prevent the spread of germs is by washing your hands. It only takes **20 seconds** to properly wash your hands, just long enough to sing the "Happy Birthday" song twice. The simple steps of handwashing are: wet, lather, scrub, rinse, and dry. Remember to wash your hands at key times during the day:

- **Before, during, and after preparing food.**
- **Before and after eating food and after using the toilet.**
- **After blowing your nose, coughing, or sneezing.**
- **After touching animals and pets.**
- **After playing outside.**

Handwashing with soap and water is one of the best ways to get rid of germs and protect yourself and those around you from getting sick. Make handwashing with soap your habit to stay healthy!

Check out these resources:

[The Jim Henson Company's Germs! video](#)

[A-B-Cs of hand washing video](#)