A Healthy Reminder from the Oregon City School District Nurses:

The single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands. Please take a minute to review with your children the hand washing steps on the back of this page. Also, please remind your children of good health practices such as no utensil or drink sharing, cover your cough with a tissue or cough into your elbow not your hand, do not touch your face with your hands, and get enough sleep and water.

**Facts on hand hygiene**

- Sneezes from allergies can spread as much or more bacteria as a sneeze from a cold.
- Nearly 22 million school days are lost due to the common cold alone. Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks. (Centers for Disease Control)
- Many students don't wash their hands often or well. In one study, only 58% of female and 48% of male middle and high school students washed their hands after using the bathroom. (American Journal of Infection Control, 1997)
- A study of Detroit school children showed that scheduled hand washing, at least four times a day, can reduce gastrointestinal illness and related absences by more than 50%. (Family Medicine, 1997)
Stop the spread of germs that make you and others sick!

Cover your Cough

- Cover your mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.

Clean your Hands after coughing or sneezing

- Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.

Hand Washing Steps

1. Wet hands with running hot water (at least 100°F)
2. Apply Soap
3. Vigorously scrub hands and arms for at least twenty seconds (sing happy birthday)
4. Rinse thoroughly under the hot running water
5. Dry hands and arms with a single-use paper towel