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# Don't Let Your Students Make You Sick



Try the following to decrease illness in your classroom:

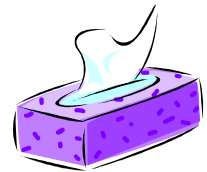
## Yourself:

- ⇒ Use hand sanitizer after handling items from "sick" students.
- ⇒ Don't let anyone borrow your pen and pencil. Keep them clean and for yourself.
- ⇒ Wash your hands or use a waterless hand cleaner before eating, smoking or handling contact lenses.
- ⇒ Never touch your face. Your eyes, nose and mouth provide direct access for germs to get in.
- ⇒ Drink lots of water. A hydrated body resists germs much better than a dehydrated one does.
- ⇒ Get a flu shot and make sure you are up to date on Hepatitis B, Tetanus, MMR and Varivax immunizations.
- ⇒ Don't drink from the fountain unless the water runs freely and you don't have to touch anything but the water.
- ⇒ Wash your hands thoroughly when you arrive home at the end of the day.



## Your Students:

- ⇒ Provide tissues and show them how to use them.
- ⇒ Teach them to cough and sneeze into their upper arms.
- ⇒ Instruct them to drink from the fountain without touching it with their mouth.
- ⇒ Encourage handwashing.



## Your Classroom:

- ⇒ Wipe your desk, phone and doorknob with antibacterial wipes at the end of each day.
- ⇒ Change the air in your room at least once a day. Open the door and windows and let the germs out.
- ⇒ Keep gloves in your classroom and use them whenever you think you might have contact with blood or body fluids.
- ⇒ When possible, limit time in close "face to face" encounters.

