March 5, 2020

Welcome back! As we start back to school at Colville School District this week, it is really important to talk about being healthy at school, ways to stay healthy at school, and what to do if you or your student are sick. Please see this two-page letter and be sure to call the School District Nurse, Becky Droter, RN if you have questions at 509-685-2111.

- **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness. Avoid close contact with people who are sick.
  - **Too sick for school/work?**
    - You are considered too sick for work or school if you have a fever higher than 101 degrees without medicine, if you’ve had a fever that high within the last 24 hours, have a really sore throat, have had diarrhea or vomiting more than once in the last 24 hours, have a chronic cough with green nasal discharge, or if your eyes are pink and crusty.
    - Call your local clinic for triage if your or your student is sick and your feel that they need to be seen. The clinic staff are prepared to ask screening questions and provide follow up as needed.

- **Avoid touching your eyes, nose, or mouth.** Germs spread this way.

- **Cover coughs and sneezes.** Use a tissue to cover coughs and sneezes, then dispose of the tissue. When a tissue is not available, cough or sneeze into your elbow.

- **Clean and disinfect surfaces or objects.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Clean and disinfect correctly.
  - Always follow label directions on cleaning products and disinfectants. Wash surfaces with a general household cleaner to remove germs. Rinse with water, and follow with an EPA-registered disinfectant to kill germs. Read the label to make sure it states that EPA has approved the product for effectiveness against influenza A virus.
  - If a surface is not visibly dirty, you can clean it with an EPA-registered product that both cleans (removes germs) and disinfects (kills germs) instead. Be sure to read the label directions carefully, as there may be a separate procedure for using the product as a cleaner or as a disinfectant. Disinfection usually requires the product to remain on the surface for a certain period of time (e.g., letting it stand for 3 to 5 minutes).
  - Use disinfecting wipes on electronic items that are touched often, such as phones and computers. Pay close attention to the directions for using disinfecting wipes. It may be necessary to use more than one wipe to keep the surface wet for the stated length of contact time. Make sure that the electronics can withstand the use of liquids for cleaning and disinfecting.
• **Wash hands for 20 seconds.** Washing hands often under clean, running water can help prevent the spread of germs. **Handwashing is one of the best ways to protect yourself and your family from getting sick.** Learn when and how you should wash your hands to stay healthy.

**Wash Your Hands Often to Stay Healthy**
You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

**Follow Five Steps to Wash Your Hands the Right Way**
Washing your hands is easy, and it’s one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Adapted from [https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html)