

Cleaning and Personal Hygiene Tips for School Staff

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol. Studies show that regular soap works just as well as antibacterial soap for hand washing.
 - Encourage hand washing after using the restroom, before eating, after blowing your nose, before touching your face, and if hands are visibly soiled.
 - Use this helpful video from WHO that shows proper handwashing:
<https://www.youtube.com/watch?v=3PmVJQUCm4E>
 - Use this handy visual hand washing instructional poster from MDH:
<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Aascds%3AUS%3A8e35f276-a8f7-4ae3-8dc0-a451ee0c5eff>
- **Stay home when you are sick!**
 - Stay home until you are fever free for at least 24 hours without the use of fever reducing medications.
 - Stay home until at least 24 hours past the last episode of vomiting or diarrhea without the use of medications.
 - Stay home if you have a persistent/continuous cough that makes it hard to work or learn or that is disruptive to others around you.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
 - If students or staff become ill when at school, separate them from students and staff who are not sick until they go home.
 - Enforce the prompt pick up of any sick student.
- Cover your mouth and nose with the inside of your elbow when you cough or sneeze. Alternatively, cough or sneeze into a tissue and immediately throw the tissue away and then wash your hands. Discourage coughing or sneezing into your hand/s as this will spread germs to surfaces and other people who are then touched.
- Clean and disinfect frequently touched objects and surfaces
 - Use a bleach solution or a designated disinfectant solution or wet wipe product.
 - Read the label to be sure the disinfecting product being used is rated for different kinds of germs, including coronaviruses.
 - Follow directions on disinfecting products in regards to how long to keep the surface wet with the solution.
 - Have containers of disinfecting wipes throughout the school and in classrooms to encourage frequent cleaning.
 - Wash your hands after cleaning and disinfecting surfaces or objects.

