

Healthy Habits – (Administrators)

Encourage everyone to clean their work area frequently. Do not forget door knobs (especially classrooms and bathrooms), sink faucets, and stairway hand rails.

Wash your hands frequently.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

HAND WASHING CAMPAIGN

Schools can use the morning announcements to educate the School District staff and students on keeping healthy. Wellness Coordinator and/or school nurse may assist with education.

Protect Don't Infect program (PDI) from Orange County Health Department -

<http://www.protectedontinfect.com/>

- DVD \$25.00 – purchased through collaboration with Employee Wellness for school based wellness activities. Elementary, K-8, and middle schools will each receive one DVD.
- Posters are available for \$20.00 for package of 10 + S & H
- Games and activities – free to print from web site - maze game, jumble word game and word search

Henry the Hand – <http://www.henrythehand.com> – free to the School District – songs, video, activities, posters, and information for District staff and students.

The Scrub Club – <http://www.scrubclub.org> – fun, interactive and educational web site designed for children who are 3 to 8 years of age. Posters and activities are in English, Spanish and French.

SNAP program (School Network for Absenteeism Prevention) - <http://www.itsasnap.org>. It is a cross-curricular, school-wide education program for middle schools for clean hands.

TeensHealth – The Nemours Foundation – <http://kidshealth.org> – hand washing information for teenagers

Sponsor a “Healthy Habits” poster contest with students. The poster contest will enhance our efforts. Students and teachers will increase their understanding of the importance and benefits of proper hand washing to stay healthy.