



Tips for Teaching Hygiene in the Classroom

Help keep YOUR STUDENTS HEALTHY *with these* IMPORTANT LESSONS:

- To help keep students from spreading illness-causing germs, the best thing to do is focus on simple, effective measures that we know work to **limit the spread of germs**. In the classroom, you can include such simple yet effective measures as making sure students **routinely wash their hands, cover their coughs** (with their arms rather than their hands), **dispose of tissues** rather than leaving them sitting around and **avoid sharing cups or utensils**.
- Handwashing is one of the best ways to prevent the spread of germs in a classroom. While a quick rinse may suffice for washing paint off one's hands, **soap and water is a must** when it comes to getting rid of germs. To effectively wash away germs, be sure to teach your students to use soap and scrub in between fingers, under nails and on both sides of their hands, and make sure they do so for at least 20 seconds (the time it typically takes to sing "Happy Birthday" twice).
- Focus your classroom handwashing routines on the key times your students' hands are most likely to spread germs. These include after going to the bathroom, blowing noses, coughing or sneezing, playing outside, touching used tissues or other contaminated surfaces, touching a class pet, touching garbage, and before eating or handling food. **Consider having your students wash their hands more frequently when there's more illness going around.**
- When soap and water are not available, however, alcohol-based hand sanitizers with at least 60 percent alcohol can help in some situations to decrease the number of germs on hands. Just be aware that **hand sanitizers may not be as effective when hands are visibly dirty, and they do not work against all types of germs.**
- Cleaning and disinfecting are part of a broad approach to helping prevent infectious diseases in schools, as reinforced by the Centers for Disease Control and Prevention (CDC). While cleaning is important for physically removing dirt and germs from objects or surfaces in the classroom, it does not actually kill germs. **Disinfecting wipes** can be a practical way to target and kill illness-causing germs in the classroom. For the sake of both safety and effectiveness, always use EPA-registered disinfectants, including disinfecting wipes, and be sure to use them according to the instructions on the label. **Focus on wiping frequently touched surfaces in the classroom, such as door handles, sink handles and even tables and chairs.**

Visit www.lysol.com/healthyhabits and www.cdc.gov for more information on preventing germs in the classroom.