

# protect yourself and your school



## wash your hands often

Handwashing is probably the most important thing you can do to stay healthy. Wash your hands:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before and after you touch your eyes, nose, and mouth
- Before you prepare food, eat or drink
- After you blow your nose, cough, or sneeze into your hands



## cover your cough or sneeze into your sleeve

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve.
- Place used tissue into the trash bin.
- Wash your hands or use hand sanitizer.



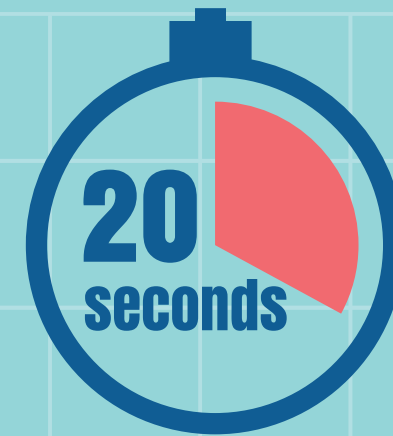
## keep your distance

Try your best to keep six feet away from other people at school.

## 5 steps to handwashing

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **rinse** your hands well under clean, running water.
- **dry** your hands using a clean towel, or air dry them.



## hand sanitizer backup

Apply and rub hands together for 20 seconds or until dry.



## Do your part.

Help make your school safe for everyone.  
Practice smart hygiene and stay healthy.



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