

Notes from the Nurse

Steps to Prevent Coronavirus and Flu

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

Between people who are in close contact with one another (within about 6 feet).

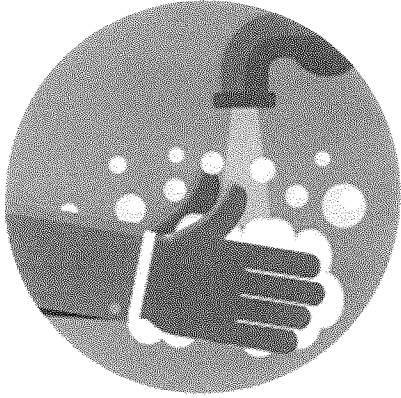
Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Please consult with your health care provider about additional steps you may be able to take to protect yourself.

Take steps to protect yourself

Children and their family members should engage in usual preventive actions to prevent the spread of respiratory infections, including covering coughs, cleaning hands often with soap and water or alcohol-based hand sanitizer, and staying up to date on vaccinations, including influenza.



Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. (Sing the "Happy Birthday song twice).

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

When should you wash your hands or use hand sanitizer?

When you arrive at school

Before and after handling food, assisting with food or eating

After using the toilet, changing a diaper, or helping a child use the bathroom (Following a diaper change, the caregiver's and child's hands should be washed and the diaper-changing surfaces should be disinfected.)

After helping a child wipe his nose or mouth or tending to a cut or sore

After playing in sandboxes or play equipment/ toys (inside or out).

Before and after playing in water that is used by other children

Before and after staff members give medicine to a child

After handling wastebaskets or garbage

After handling a pet or other animal

Remind students of good hygiene and the importance of hand washing after using the toilet and before and after eating.



Avoid close contact

Avoid close contact with people who are sick

Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others



Stay home if you're sick

Stay home if you are sick, except to get medical care.

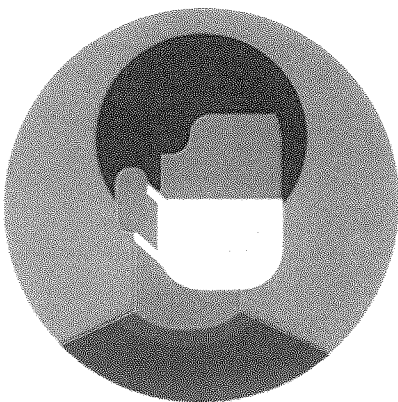


Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Children and adults should ideally cough into their elbows or onto their shoulder so that the germs do not end up on their hands. If a person coughs into his hands or a tissue, the hand(s) should be washed right away and the tissue should be disposed of promptly. Increasing the frequency of hand washing and hand sanitizing during flu season may help.

Throw used tissues in the trash.

Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.

If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

The CDC Guideline for Hand Hygiene in Healthcare Settings.pdf icon[PDF – 1.3 MB] recommends:

When cleaning your hands with soap and water, wet your hands first with water, apply the amount of product recommended by the manufacturer to your hands,

and rub your hands together vigorously for at least 15 seconds, covering all surfaces of the hands and fingers.

Rinse your hands with water and use disposable towels to dry. Use towel to turn off the faucet.

Avoid using hot water, to prevent drying of skin.

Other entities have recommended that cleaning your hands with soap and water should take around 20 seconds.

Either time is acceptable. The focus should be on cleaning our hands.

If you have any questions, please call me at 812-678-2781 and follow the prompts or more information can be found at [CDC.gov](https://www.cdc.gov)

Thank You,

Michelle Young, RN

Corporation Nurse