

Health Hygiene Practices and School Nurse

Saints John and Paul School

August 2020

Presentation #4

Hand and Respiratory Hygiene

- Healthy hygiene practices will be taught to the school community in terms of hand and respiratory hygiene. Teachers will reinforce these behaviors in the classroom as well. Teachers will also allow for handwashing breaks throughout the day. Saints John and Paul will follow the following guidelines from the CDC: [Coughing and Sneezing](https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html) (https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html)
- Tissues will be supplied to students and staff so individuals may cover their mouths when coughing and sneezing. The tissue will be disposed of in a trash can. If a tissue is not available at the time of cough and/or sneezing individuals will use the inside of their elbow (or shirt sleeve) to cover the mouth or nose. Good hand hygiene after sneezing, coughing and handling dirty tissues or other soiled material will be expected.

Hand Washing

Follow these five steps every time.

- **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.

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Hand Washing and Coughing and Sneezing Videos

- Saints John and Paul School will post the following videos on our webpage on good hygiene as well as showing them to our students in school:

[Handwashing Video](#)

[Coughing and Sneezing Video](#)

Public Health Announcements

- On our webpage, we will have links also to [CDC Public Service Announcements](#) ; this is just additional information for our school community.

SJP will provide:

- In each entryway and classroom, hand sanitizer dispensers for our school community. This does not replace the importance of washing one's hands throughout the day.
- Handwashing in all bathrooms as well as some classrooms where students may have access to soap and water.
- Touch free paper towels will be provided
- Non-touch trash cans are accessible to all students
- Alcohol based sanitizers with at least 60% alcohol is provided throughout the building
- Saints John and Paul will promote hand washing before meals, after recess or physical education, before and after removing PPE, and at other times, as appropriate.

Signage

Saints John and Paul School will also have signage throughout the building, age appropriate, for the following:

- Stay Home if they feel sick.
- Cover their nose and mouth with an acceptable face covering.
- How to discard PPE properly.
- Adhere to social distancing guidelines.
- Report symptoms of, or exposure to, COVID-19.
- Follow hand hygiene, and cleaning and disinfection guidelines.
- Follow respiratory hygiene and cough etiquette.

School Nurse

- School nurse is employed by Mamaroneck Public Schools. They will provide their employee appropriate PPE. Saints John and Paul will provide emergency PPE, if needed. The school nurse will follow all CDC, New York State, OSHA and District guidelines in terms of:
 1. Personal Protective Equipment (PPE)
 2. Disposing of PPE
 3. Aerosol Generating Procedures
 4. Management of all ill persons
- Students and staff with symptoms of illness must be sent to the health office. The school nurse is available to assess individuals as chronic conditions such as asthma and allergies or chronic gastrointestinal conditions may present the same symptoms as COVID-19 but are neither contagious nor pose a public health threat.
- If a school nurse is not available, Saints John and Paul School will have to isolate the individual and dismiss any student or staff member who has a fever or other symptoms of COVID-19 that are not explained by a chronic health condition for follow up with a health care provider.