

STAY HEALTHY THIS SCHOOL YEAR



At this time of year it is not uncommon to see an increase of colds and influenza and now we are also concerned about the spread of COVID-19. Ontario's Medical Officer of Health is urging Ontarians to do their part in protecting themselves and preventing the spread of this coronavirus. We know viruses can spread easily from person to person, especially when someone coughs or sneezes directly on another person. Germs can also spread from hard surfaces like door knobs, desks, keyboards to people who touch them. These germs can then enter the body through the eyes, nose or mouth.

How Can I Prevent Infection?

✓ Hand Hygiene

Hand hygiene is the most effective way to prevent the spread of germs from one person to another.

Wash your hands with soap and warm running water for at least 15 seconds (or try singing "row row row your boat").

Hand sanitizer is another option, but it is important to note that there are restrictions on the use of hand sanitizer at school. Hand sanitizer is only permitted at school when it is:

- Scent free
- In a quantity less than 100 ml
- 60 - 90 % alcohol content.

✓ Avoid Touching Your Face

Break the habit of touching your eyes, nose or mouth, unless you have just thoroughly washed your hands. Wear something on your hands to remind you; cover your finger with a disposable tissue first, if you must.

✓ Respiratory Etiquette

Use a disposable tissue or cough/sneeze into the inside elbow, followed by hand hygiene.

✓ Fist Pumps

Use a gentle fist pump or elbow bump instead of handshakes or hugs.

✓ Stay Home if You are Sick

Educate yourself about the symptoms of colds, flus and COVID-19 - including fever, cough and difficulty breathing. If you or your child is exhibiting symptoms, stay home and away from public spaces, including school.

✓ Don't Share Personal Items

Never share personal items such as toothbrushes, nail files, water bottles, and chap sticks since they may pass on small amounts of germs or saliva from one person to another.

✓ Flu Shot

Get the flu shot and make sure vaccinations are up-to date. Many pharmacies offer the flu shot free of charge.

✓ Balanced Diet, Rest and Physical Activity

Encourage your children to eat a balanced diet, get adequate sleep and exercise regularly. This will help them develop a strong immune system to fight off illness.



Parents should reinforce and model all of these tips for staying healthy - protection and prevention is the best way to combat the spread of COVID-19. For more information, please contact Health Connection at 1-877-721-7520 or visit www.simcoemuskokahealth.org.

This flyer was produced and shared by the Simcoe Muskoka Catholic District School Board.