

## WASH HANDS

This is one of the best ways to prevent the spread of infection. Using soap and water, wash at least 20 seconds. Alcohol-based hand sanitizer can be used in the absence of soap and water.

## CLEAN & DISINFECT

Using the district-approved cleaning solution, clean and disinfect frequently touched surfaces such as desks, doorknobs, countertops, and light switches. For questions about where to obtain cleaning supplies, check with your school custodian.

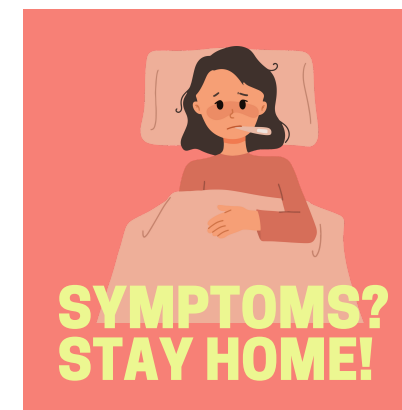
## AIRFLOW

Increased ventilation that ensures proper airflow can lower the risk of airborne transmission of viruses indoors. In addition to HVAC systems that help filter and circulate clean air in our buildings, opening windows and holding activities (such as lunch) outside when weather and air quality permit can help decrease virus concentration and spread.

## COVER YOUR COUGH & SNEEZE

Using a tissue to cover your nose and mouth when you cough or sneeze can help reduce the spread of germs. If a tissue is not available, cough or sneeze into your upper sleeve or elbow, not your hands.

# HELP REDUCE TRANSMISSION



## FACE MASK

Wearing a medical-grade face mask for individuals who are exhibiting respiratory symptoms and/or have been diagnosed with a respiratory illness can help reduce the spread of airborne illnesses. Those who are immunocompromised also may benefit from wearing a medical-grade face mask when illness levels are elevated in their environment. Medical-grade face masks are available at our schools. Check with your office manager.

## VACCINATION

Getting immunized against flu and COVID can help reduce the risk of illness, protect individuals, and help control the spread of illness. For more information, contact your health care provider or learn more at [cdc.gov/vaccines](https://www.cdc.gov/vaccines).

## SYMPTOMS? STAY HOME

Please stay home if symptomatic. Individuals may return to school once fever-free for 24 hours **WITHOUT** the use of fever-reducing medication. For more information on when to stay home, visit our Health & Wellness page at [bbs.fyi/health](https://bbs.fyi/health).

**LEARN MORE AT [BLS.FYI/HEALTH](https://bbs.fyi/health)**