



MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT
Division of Epidemiology and Public Health Preparedness

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Healthy Habits for the School Setting

Below are some **Healthy Habits** you can do to help protect yourself and others from getting sick or spreading germs at home, school, or work.

Hand Washing

When washing your hands, use soap and warm water and wash them long enough to sing the "Happy Birthday" song twice (20 seconds). Washing your hands often will help protect you from germs. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used.



Cover Your Coughs and Sneezes

Cover your mouth and nose with a tissue when coughing or sneezing. After using the tissue, throw it away in a waste basket, and then wash your hands. If you do not have a tissue, cough or sneeze into your upper sleeve.



Keep Hands Away From Your Face

Germs are often spread when a person touches something with germs on it and then touches his or her eyes, nose, or mouth.



Avoid Close Contact with People Who Are Sick

Illnesses are spread from coughing and sneezing. Avoid people who are coughing and sneezing, as much as you can. Teach children to stay away from others as much as possible if they are sick.



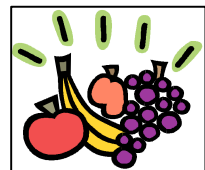
Stay Home When You Are Sick

Students, faculty, or staff with influenza-like illness (fever with a cough or sore throat) should keep away from others as much as possible, stay home and not attend school or work, or go into the community (except to seek medical care or other necessities) for at least 24 hours after fever is gone. Fever should be gone without the use of fever-reducing medicine.



Other Healthy Habits

Other healthy habits adults and children can do to help prevent the flu and other illnesses are: eating and drinking healthy, and getting enough rest.



Source of information:
Centers for Disease Control and Prevention

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