

## Classroom Infection Prevention Guidelines

This classroom guideline is **critical** to help curb the spread of illness in our classrooms/school. Gastrointestinal, respiratory and viral illnesses along with bacterial infections are often a problem in classrooms, especially during the winter months. It cannot be stressed enough that frequent hand washing is a first line measure to prevent the spread of disease and illnesses. Proper hand washing must be encouraged throughout the day and parental support is needed to provide the children with lifelong healthy habits.

1. Remind your children to wash their hands thoroughly before eating and frequently throughout the day. Hand sanitizers are also helpful when soap and water are not available.
2. Keep your child home from school if they have a fever until temperature is normal for at least 24 hours of any fever-reducing medication (ex. Tylenol or Advil).
3. Discourage sharing of water bottles, drinking glasses, and utensils with other people.
4. Encourage students to bring a water bottle to school to drink throughout the day, however, \*please remind your child to bring the water bottle home every day. \*\*Do not re-use disposable water bottles as bacteria can build up quickly in these bottles. Thoroughly wash all re-useable water bottles daily before refilling and sending them back to school the next day for snack or lunch.
5. Encourage your child to keep their hands and other objects out of their mouths (ex. Sucking thumbs, chewing on pencils or other objects, biting nails).
6. Encourage your child to cough or sneeze into their shirtsleeves instead of into their hands to prevent germs/viruses from spreading into the air and in contact with hands and surfaces.

If your child is being treated for a bacterial infection with antibiotics, they may return to school usually after taking three doses. Your child's physician can help you determine this if they are treating him/her with medication. **However, make sure that they are truly feeling better and able to make it through 7+ hours of the school day.** If they still seem tired, pale, with little appetite, not tolerating solid foods, and generally "not him/herself", **PLEASE** do not send them to school. With viral illnesses it may take longer before your child is well enough to return to school. **Your child must also be without a fever, vomiting, or diarrhea for 24 hours before being allowed to come back to school.** **This will help keep other students and teachers in the classroom healthy.**

If your child has a "cold" with a persistent cough, runny nose that they cannot manage by themselves and contain with tissues, and/or seems tired and listless, **PLEASE** do not send him/her to school. They are gaining nothing from the school day, not to mention, **"sharing"** their cold with every hand or object they touch. You know your child best and can usually tell if they are not feeling well. Trust your instincts. A sick child does not belong in school. Thank you for helping us to improve the general health of HSPS. If you have any questions, please call me at (512)-99284-9880 x152.