

## PERSONAL HYGIENE REQUIREMENTS

### *For Students and Staff During COVID-19 Pandemic*

COVID-19 is mostly spread by respiratory droplets released into the air when people talk, sing, laugh, cough, or sneeze. It may also spread to hands from a contaminated surface and then to the nose, mouth, or eyes causing infection. Personal prevention practices, such as handwashing, using a face covering, cough/sneeze etiquette and maintaining social distancing of more than 6 feet are important principles to reduce spread. (CDC)

#### **Wash Hands Frequently**

All students and staff should wash hands frequently. If soap and water are not available use alcohol-based hand sanitizer. The following guidelines are recommended for school settings.

#### **Wash hands or use hand sanitizer:**

- Upon arrival to the school site
- Before lunch
- Before leaving the site
- Upon entry to any new classroom
- When using the restroom
- When visibly dirty
- After using a tissue, coughing into hands
- Upon arriving home

\*Provide training on effective hand washing and use of sanitizer to all students and staff

#### **Use Face Coverings**

A face covering should be worn by all individuals on school sites unless it is not recommended by a physician or is inappropriate for the developmental level of the individual. For staff that come into routine contact with others, CDPH recommends the use of disposable surgical masks.

#### **When can you take the face covering off?**

- When eating or drinking, while maintaining physical distance
- If a person is deaf or hard of hearing and needs to read your lips (a face shield and drape must be used)
- When you are alone and not sharing a common area, room or enclosed space with others
- Replace the mask as soon as you can after these activities to reduce the risk of infection

\*Provide training on appropriate use and handling of face masks to all students and staff

#### **Promote Respiratory Hygiene**

Reinforce cough/sneeze etiquette including use of tissues and elbows using signage, training, lessons.

#### **Maintain at least 6 feet distance from others.**

Keeping distance from others is the best way to avoid being exposed to respiratory secretions that are expelled into the air when other people talk, cough or breathe.

#### **Sources:**

Considerations for Schools. Updated May 19, 2020, CDC.

When and How to Wash Hands, CDC.

Use of Face Coverings to Help Slow the Spread of COVID-19, CDC.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>

