

PERSONAL HYGIENE REQUIREMENTS

For Students and Staff During COVID-19 Pandemic

COVID-19 is mostly spread by respiratory droplets released when people talk, sing, laugh, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose, mouth, or eyes causing infection. Personal prevention practices, such as handwashing, using masks and cough/sneeze etiquette 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 cloth 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.

When can you take the face covering off?

- California state guidance allows for times when it's okay to take your mask off, such as
- When eating or drinking, while maintaining physical distance
- If a person is hard of hearing and needs to read your lips (recommend a face shield is used)
- When you're not sharing a common area, room or enclosed space with others
- When outdoors in public and can maintain more than six feet from 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>

