



Clean Hands Save Lives!

By the Center for Disease Control and Prevention

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. It is best to wash your hands with soap and clean running water for 20 seconds. However, if soap and clean water are not available, use an alcohol-based product to clean your hands. Alcohol-based hand rubs significantly reduce the number of germs on skin and are fast acting.

When washing hands with soap and water:

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through to a friend!
- Rinse hands well under running water
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet

Remember: If soap and water are not available, use alcohol-based gel to clean hands.

When using an alcohol-based hand sanitizer:

- Apply product to the palm of one hand
- Rub hands together
- Rub the product over all surfaces of hands and fingers until hands are dry.

When should you wash your hands?

- Before preparing or eating food
- After going to the bathroom
- After changing diapers or cleaning up a child who has gone to the bathroom
- Before & after tending to someone who is sick
- After blowing your nose, coughing, or sneezing
- After handling an animal or animal waste
- After handling garbage
- Before and after treating a cut or wound

Prevention of Staph Infection and MRSA

By Bill Lentz, Principal

Recent news reports are warning schools, and athletes in particular, of the danger of staph infections and the more resistant "superbug," called Methicillin-Resistant Staphylococcus (MRSA). We have begun fielding questions from patrons about what our plans are to fight the outbreak. I am happy to report that we are and have been taking a proactive approach regarding these dangers.

Four Corners Health has provided the schools with colored, laminated posters for us to display around the building with a variety of suggestions and warnings. We have gotten their information out to teachers and coaches so they may take preventative measures in their areas. As far as the 7-12 building goes, we've begun to use some additional cleaning methods beyond our normal routine. Amongst those are:

- Spraying desk tops 2-3 times per week with a germicide
- Cleaning all surfaces in the weight room daily
- Cleaning mats in the PE area that student lie on to do aerobics
- Washing wrestling mats twice per day
- Spraying "Germ Free," in the football locker room, floor, showers and in individual lockers daily (including on football equipment) or with a 1:100 dilution of Clorox bleach

Besides those approaches, we're looking into a shoe sanitizer that wrestlers would use before stepping onto the mats for practice. We're putting up some new foaming soap dispensers and trying to eliminate any use of bar soap.

These are some of the things that the school can do to help prevent MRSA or the spread of any other unwanted "bugs," but it is just as important for students and parents to know what they can do. Amongst those suggestions are the following:

- Report any wounds or open sores to teachers or coaches
- Take athletic clothing home daily and wash it
- Do not share towels or items of clothing
- Don't share soap
- WASH YOUR HANDS with soap for 20 seconds each time

TOGETHER WE CAN WORK HARD TO KEEP OUR SCHOOL AND STUDENTS AS HEALTHY AS POSSIBLE

THANK YOU FOR YOUR HELP!