

**Clare-Gladwin RESD School Safety Alliance**  
**Sample Newsletter Article**

*Keeping the Germs Away*

There has been a lot of talk about avian flu and the flu pandemic on the news, in movies and in the newspapers. Administration at the (your district here) is participating in local planning efforts to prepare for, and respond to, an influenza pandemic. We are also working on our own action plan that includes communicating with parents, teaching our students ways to stay healthy and keeping our buildings clean and safe. We have included some tips to help keep your family healthy:

**TIPS for Keeping the Germs Away**

1. Wash your hands frequently especially,
  - \*before eating
  - \*after using the restroom
  - \*after sneezing/coughing into your hand
  - \*before /after preparing food
  - \*after blowing your nose
  - \*after changing a diaper
  - \*before putting your contacts in
  - \*when dirty
2. Wash your hands using soap and warm water for at least 20 seconds. (That is how long it takes for most of the germs to become dislodged from your hands.)
  - That's as long as it takes to sing the following songs twice:
    - Happy Birthday
    - Row, row, row your boat
    - Alphabet song (once through)
3. If you cannot use soap and water, use an alcohol-based hand sanitizer. If soap and alcohol-based sanitizer is not available, rub hands vigorously under water. The friction from your hands rubbing together will assist in the removal of dirt and some germs.
4. Keep kids home who are sick.
  - Rule of thumb: fever free for 24 hours
5. When in a public restroom:
  - Get paper towel out before washing hands
  - Wash hands using soap and warm water (remember, 20 seconds!)
  - Dry hands with paper towel
  - Use paper towel to turn off faucet
  - Use paper towel to open door (if possible)
6. Try to cough/sneeze into a tissue or your sleeve instead of your hands.
7. Exercise, Eat Healthy Foods and Get Adequate Sleep!