



## Hand Hygiene: Promoting it In Your School

Germs are everywhere! They can get onto hands and items we touch during daily activities and make us sick. [Cleaning hands](#) at key times with soap and water or hand sanitizer that contains at least 60% alcohol is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

**Cleaning hands at key times with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer with at least 60% alcohol if soap and water is not readily available** is one of the most important steps a person can take to avoid getting sick. This helps prevent a variety of infections because:

- People frequently touch their eyes, nose, and mouth without even realizing it. Germs can get into the body through the mouth, nose, and eyes and make us sick.
- Germs from unwashed hands can be transferred to other objects, like handrails, tabletops, or keyboards, and then be transferred to another person's hands.
- Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

### Establishing a Culture of Hand Hygiene

- Daily routines for students and staff to wash hands, especially at key times like after bathroom breaks, before lunch, or after playing outside.
- Providing hand sanitizers with at least 60% alcohol (as recommended by CDC) for teachers, staff, and students. Hand sanitizers may be placed near frequently touched surfaces (e.g. doors, shared equipment) and areas where soap and water are not readily available (e.g., cafeterias, classrooms, gyms).
- Encouraging supervision of young children when they use hand sanitizer to prevent swallowing alcohol or contact with eyes. <https://www.cdc.gov/handwashing/hand-sanitizer-use.html>

According to Delaware Department of Education Emergency Order 817, Parents/guardians are not required to provide permission for their student to use hand sanitizer but can indicate to the school they do not want their student using hand sanitizer.

### Hand Sanitizer Available for Self-use in Schools:

If your child is unable to use hand sanitizer for any reason, please contact your school nurse. If your student may need assistance applying hand sanitizer properly, please fill in this portion of this form and give the completed slip to your student's school nurse.

My student, \_\_\_\_\_, may need staff assistance with self-use of hand sanitizer.

Parent Signature\_\_\_\_\_

Date\_\_\_\_\_