



# Fact Sheet

## COVID-19 Hand Hygiene and Respiratory Etiquette



Revised August 4, 2020

**The health, safety and well-being of students and staff is a top priority as schools are reopened.** Hand hygiene and respiratory etiquette play a key role in the “layered” approach to safety in schools and school board buildings.

**Hand hygiene** refers to hand washing or hand sanitizing to remove or kill the virus.

**Respiratory etiquette** aims to reduce the risk of transmitting droplets that may contain the virus directly onto other surfaces where they may be picked up by others.

### Hand Hygiene Routines

- ✓ Staff and students will be provided with education in proper hand hygiene (refer to <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet/factsheet-covid-19-hand-hygiene.pdf?la=en> for further information on how to wash hands and use hand sanitizer).
- ✓ Posters and visual reminders for hand hygiene will be placed throughout the school and board buildings.
- ✓ Hand hygiene will be conducted by anyone entering the school or school board buildings.
- ✓ Hand hygiene will be incorporated into the daily schedule at regular intervals throughout the day, above and beyond what is usually recommended. Staff will determine “hand hygiene breaks”
  - Upon arrival at school,
  - Before and after eating,
  - Before and after recess breaks,
  - Before visiting any other locations (limited) in the school such as the gym, and
  - Before and after using the restroom.



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- ✓ Alcohol based hand rub/sanitizer with a minimum of 60% alcohol concentration will be available throughout the school and board buildings, particularly at entrances to the buildings and classrooms. Hand rub/sanitizer will be located where it can be used under supervision. Sanitizer should not be used when hands are soiled (e.g. from playing in the sand box).
- ✓ Plain liquid soap will be located in dispensers at sinks. Liquid soap and water are the most effective method for removing the virus from hands.
- ✓ Manual soap dispensers will be replaced with automatic, no-touch dispensers as soon as possible.
- ✓ For any dirt, blood, body fluids, it is preferred that hands be washed with soap and water.
- ✓ Student with special needs will receive support in hand hygiene routines.

## Respiratory Etiquette

- ✓ Staff and students will be provided with education in proper respiratory etiquette.
- ✓ Tissues and lined, no-touch waste baskets will be provided in schools and board buildings.
- ✓ Hand hygiene will be practiced after blowing/wiping the nose.

*This Fact Sheet has been designed to provide information for school communities considering the changes required by COVID-19. For any questions, concerns, or accommodations, please contact your child's school principal.*

*\*\* Adapted from the Ministry of Education "Approach to Reopening Schools for the 2020-2021 School Year"*