

JMJ

Dear Parents and Guardian:

The Cold and Flu season is upon us! This coming week I will be giving 5 minute presentations in all the classes, from Pre-K through 8th grade, reinforcing what you and their teachers have always taught about the necessity for good hand washing habits in fighting the spread of disease.

We will cover the following points:

- Hand washing with soap and warm (not hot) water should take at least 10-20 seconds, and include all surfaces: backs, fronts, between fingers, and under fingernails.
- Antibacterial soaps are OK to use, but not necessary for getting rid of germs. It's the scrubbing that loosens the germs, and rinsing and drying eliminates them.
- Hand washing is important:
 - Before eating or touching food, in any way (like helping you cook or bake)
 - After eating, blowing your nose, coughing, sneezing, or putting hands in the mouth
 - After touching any pets or animals
 - After playing outside
 - After visiting a sick relative or friend.

Thank you for all your cooperation in keeping our community safe and healthy!

All the Best,

Rosemary Antunes, RN
All Saints School Nurse