Cover your mouth and nose
Cough or sneeze into a tissue and then throw it away. Cover your cough or sneeze if you do not have tissue. Then clean your hands and do so every time you cough or sneeze.

Clean your hands often
When washing your hands use soap and warm water. You should wash for 15-20 seconds. When soap and water are not available, alcohol based disposable hand wipes or gel sanitizers may be used.

Avoid touching our eyes, nose or mouth
Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth. Germs can live for a long time on surfaces like doorknobs, desks and tables.

Remind your students to practice healthy habits!!