

# HEALTH AND SAFETY

A CULTURE OF PREVENTATIVE HEALTH AND WELLNESS

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# RETURN - TO - LEARN

*Cultivate Compassion: Getting sick is part of being human and we all have a responsibility and opportunity to help one another feel safe*

## Creating a Culture of Preventative Health and Wellness

## Purpose:

This module is about the **knowledge, beliefs, and consensus** we need to implement a culture of preventative health and wellness.

# Hand Hygiene

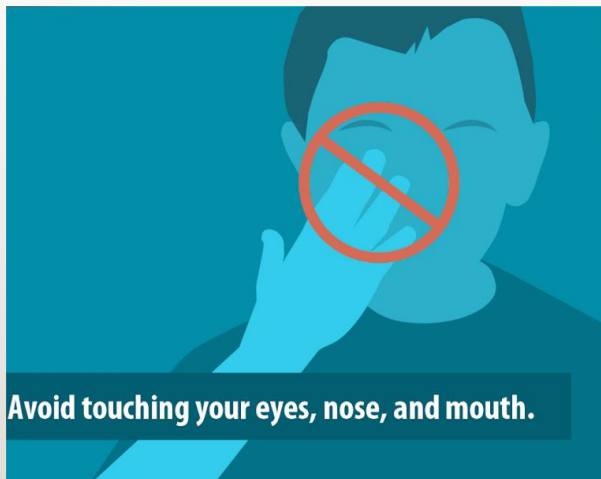
Follow the six steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.
6. Avoid touching the faucet with just-washed hands (e.g., use a paper towel to turn off the water if you don't have automatic faucets).

*NOTE: Younger students may need monitoring and/or assistance to practice the steps for handwashing.*

# Hand Hygiene: continued

An important part of reducing the spread of germs is to try not to touch your face (especially eyes, nose, and mouth).



**Avoid touching your eyes, nose, and mouth.**

# Cough/Sneeze Etiquette

Follow these steps:

1. Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the wastebasket.
2. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
3. Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use a 60% alcohol-based hand rub.

*Keep hand sanitizer out of the reach of young children.*

# Physical Distancing

- Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice physical distancing (if feasible), consider:
  - a. Staying at least 6 feet (2 meters) from other people,
  - b. Staying out of crowded places and avoid mass gatherings, and
  - c. Increasing space between students during in-person instruction.
- Keeping space between you and others is a tool we have to avoid virus exposure and to slow its spread locally, nationally, and globally.
- Facial coverings stop you from sharing germs. Physical distancing reduces the risk of exposure. Both are important for different reasons (if feasible).

# Check for Understanding: True or False

Statement	T	F	Correction
Washing your hands for 5-10 seconds follows good hand hygiene as long as you scrub them with clean, running water and use soap.			
Cover your mouth and nose with a tissue when you cough/sneeze or use your upper sleeve or elbow to cough/sneeze into. Do not cover your nose mouth with your bare hands.			
To practice social or physical distancing if feasible, consider staying at least 3 feet from other people.			
If you are wearing a facial covering you don't need to worry about physical distancing.			
Keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally.			
Social distancing, also called “physical distancing if feasible,” means keeping space between yourself and other people outside of your home.			



# Check for Understanding

Statement- ANSWER KEY	T	F	Correction
Washing your hands for 5-10 seconds follows good hand hygiene as long as you scrub them with clean, running water and use soap.		X	Must wash hands for 20 seconds
Cover your mouth and nose with a tissue when you cough/sneeze or use your upper sleeve or elbow to cough/sneeze into. Do not cover your nose mouth with your bare hands.	X		
To practice social or physical distancing if feasible, consider staying at least 3 feet from other people.		X	Consider 6 feet of distance from others, if feasible.
If you are wearing a facial covering you don't need to worry about physical distancing.		X	Facial coverings stop you from sharing germs. Physical distancing when feasible reduces the risk of exposure. Both are important for different reasons.
Keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally.	X		
Social distancing, also called "physical distancing" means keeping space between yourself and other people outside of your home (if feasible).	X		

## How does Health Intersect with Education?

- **Physical Health and Wellness:** Students who are healthy are better learners, and academic achievement creates a lifetime of benefits. Physical activity improves memory, attention, and concentration. It can also help students stay on-task in the classroom, reduce disruptive behavior and improving their social and emotional development.
- **Emotional Health and School Climate:** School has become a place that serves to support a student's holistic growth — mind, body, *and* heart. When schools embed social-emotional learning (SEL) into their classrooms and curriculum, students and staff learn to be mindful of emotions, challenges, stresses, and traumas and make room for academic learning.
- **Individual Student Health Conditions:** Students with chronic health conditions may miss academic instruction due to management or progression of their chronic health condition (e.g. asthma, anaphylaxis, diabetes, seizure disorders, and more).
- **Families With Compromised Health:** Communicable disease is dangerous for immunocompromised individuals, meaning people whose immune system defenses are weakened. Students living with family members may need to address risks associated with accessing education similar to their peers.

## How does Health Intersect with Education? [*Continued*]

- **Family Engagement:** Family engagement is based upon being proactive in communicating a safe environment and quality health practices in the building. It is about creating a welcoming school environment, where communication and interaction flows both ways, and addresses system wellness and individual student health.
- **Access to Nutrition:** Students who access school nutrition programs (breakfast and lunch) come to the classroom engaged and ready to learn. School nutrition is important in brain development and a student's ability to learn.
- **School Community Wellness:** A healthy school community promotes a culture of health, has a decrease in absenteeism, injuries, stress, communicable disease. There is an increase in attendance when safe and outside of the current pandemic, morale, healthy behaviors and classroom engagement.
- **Community Resources:** Community resources provide a local way for students and staff to access the health services that they need. Some examples of community resources include: healthcare providers, mental health providers, substance abuse and violence prevention providers.

## Check Your Understanding: What IS and IS NOT Preventative Health?

- Students understand and apply proper hand washing hygiene procedures consistently.
- Handwashing can only occur during designated times
- Students understand and apply cough/sneeze etiquette as needed.
- Students understand and apply physical distancing protocols, if feasible.
- Keep shared spaces and materials the same so that students don't feel a sense of disruption coming back to school.
- Hand washing gets skipped if time is short.
- Each classroom handles preventative health in a way that works for them.
- Policies and procedures are established, monitored, and adjusted to continuously improve preventative health measures
- Scheduling is left for the classroom to determine what works best for them.
- Scheduling is established, monitored, and adjusted to continuously improve preventative health measures.

## Culture of Preventative Health and Wellness- ANSWER KEY

<b>What it IS</b>	<b>What it IS NOT</b>
Students understand and apply proper hand washing hygiene procedures consistently.	Hand washing gets skipped if time is short.
Students understand and apply cough/sneeze etiquette as needed.	Handwashing can only occur during designated times
Students understand and apply physical distancing protocols, if feasible.	Keep shared spaces and materials the same so that students don't feel a sense of disruption coming back to school.
Policies and procedures are established, monitored, and adjusted to continuously improve preventative health measures	Each classroom handles preventative health in a way that works for them.
Scheduling is established, monitored, and adjusted to continuously improve preventative health measures	Scheduling is left for the classroom to determine what works best for them.