

Griffin-Spalding County School System
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How to Stop the Spread of Germs

Encourage everyone to take the following precautions seriously and to practice them daily:

- Cover your mouth when sneezing or coughing;
- Clean your hands often; and
- Remind your children to practice healthy habits

Cover your mouth and nose when coughing or sneezing.

- ✓ Cough or sneeze into a tissue and then throw it away.
- ✓ Cover your cough or sneeze with your elbow if a tissue is not available.
- ✓ Discourage students from placing tissues back on their desk or in their pocket.
If possible, provide students with a small paper bag to place used tissues in while at their desk.
Then, instruct the student to clean his/her hands, and do so every time one coughs or sneezes.

The “Happy-Birthday” song helps keep your hands clean.

Public health officials recommend that when you wash your hands, with soap and water, that you wash for 15 to 20 seconds. That’s about the same time it takes to sing the “Happy Birthday” song twice.

- ✓ Hand washing should take place after coughing or sneezing, before eating and after using the toilet.
- ✓ When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used on a temporary basis.
- ✓ Encourage students and staff to use a paper towel to open restroom doors after washing their hands.
- ✓ Discourage students from sharing food, drinks or utensils.
- ✓ Staff and parents should model the desired behaviors of respiratory etiquette, and hand washing.

Regular cleaning of hard surfaces.

Some viruses and bacteria can live on hard surfaces such as desks, tables, and doorknobs up to two hours. Clean these surfaces and items regularly with an approved disinfectant.

HAND WASHING IS THE GREATEST PREVENTION AGAINST SPREADING GERMS.