**Suggested Newsletter Inserts for Elementary & Secondary Schools**

**Personal Safety and Injury Prevention - Infectious Diseases**

**Stay Healthy This School Year!**

COVID and other respiratory infections can spread easily from person to person. These germs can spread quickly when someone coughs or sneezes directly on another person, or when germs land on hard surfaces like door knobs, desks, and keyboards and then are touched by someone else. These germs can then enter the body through the eyes, nose or mouth.

The most important thing you can do to keep from getting sick and stop the spread of germs is wash your hands! Wash with soap and warm running water for at least 15 seconds (or try singing Happy Birthday twice”). If your hands are not visibly dirty you can use alcohol-based hand rub “hand sanitizer” for 15 seconds. Also, make sure you are up to date with your immunizations, cover coughs and sneezes and stay home if you are sick. Teach your kids to do the same!

For more tips to keep you and your family healthy this school year, contact *Health Connection* at 1-877-721-7520 or visit [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org).