



We make a difference in Enfield - every child, every day.

OFFICE OF THE SUPERINTENDENT

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Dear Parent/Guardian,

Recent events have raised concerns about the prevention of contagious infections like the flu and the coronavirus. Hand washing has been identified by the Center for Disease Control (CDC) as the most effective way to prevent the spread of these infections. In our efforts to keep students healthy, proper hand washing techniques are being reviewed with students. Healthy habits begin at home, and so we are hoping you will join us in our efforts and help your child maintain the most effective hand washing techniques at home as well.

Below you will find effective hand washing skills outlined in the CDC's *Life is Better with Clean Hands* campaign.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu. Follow these five 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.

If soap and water aren't available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

For more information on *Life is Better with Clean Hands* visit www.cdc.gov/handwashing.

Sincerely,

Trisha Vayda, BSN, RN, NCSN
Enfield Public Schools