

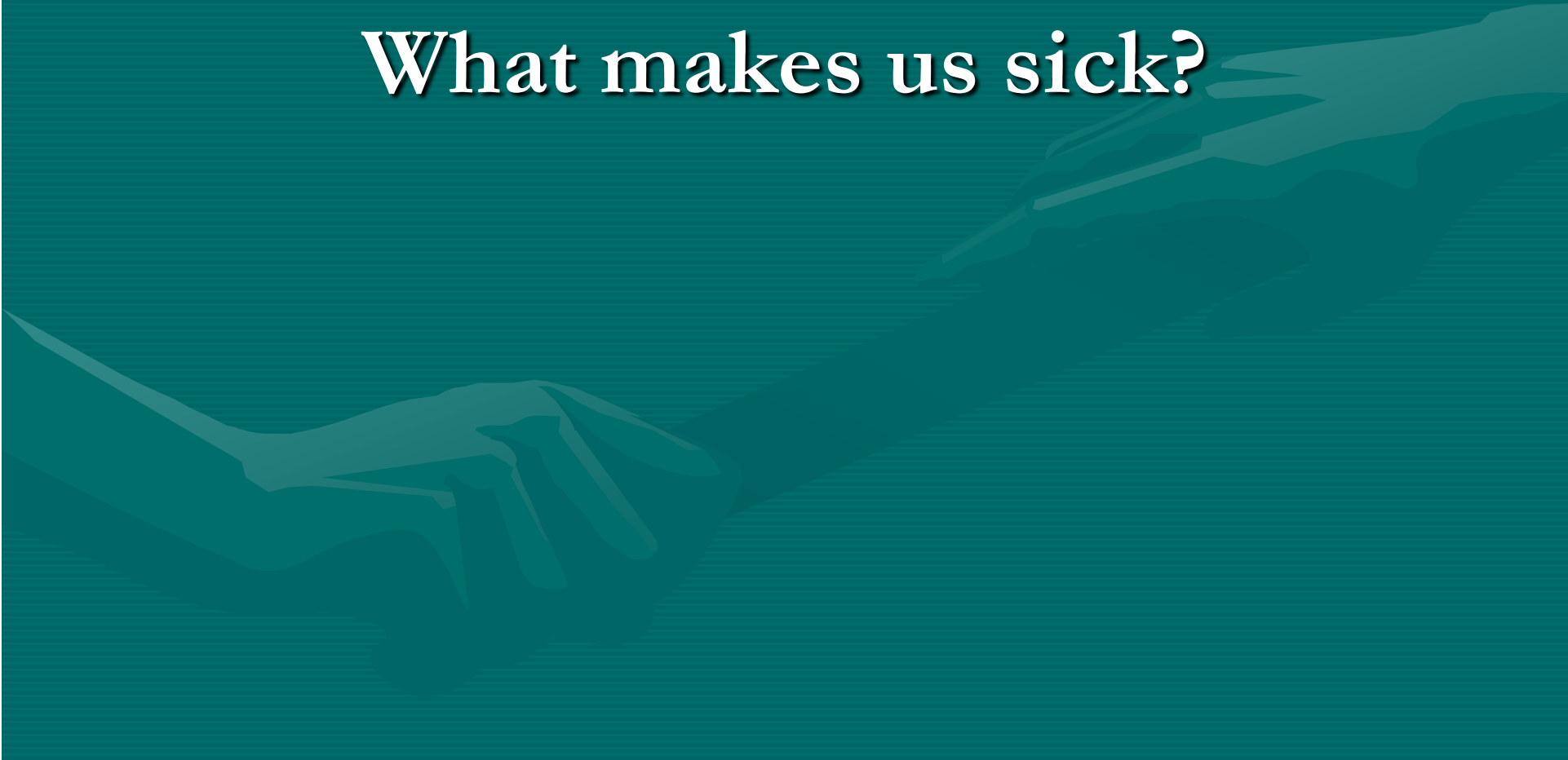
Healthy Habits for School Success

San Antonio Independent School District
Student Health Services

Reference: Selekman, J. "School Nursing a Comprehensive Text".
2007, FA Davis Company, Philadelphia

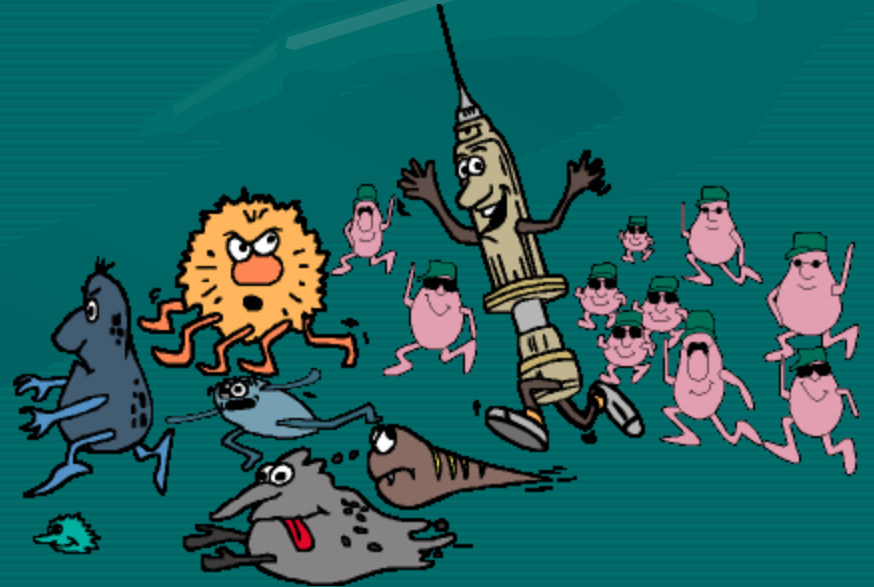


What makes us sick?

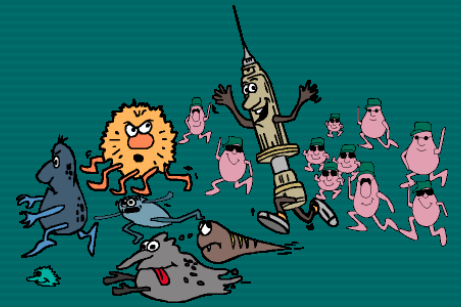
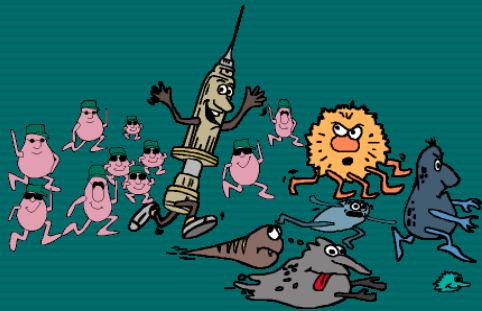


GERMS

Germs are small living organisms that might make you sick.



The GERMS



Germs are all around you and are so small you cannot see them unless you have a microscope.

- Everything you touch might have germs.
- Some germs don't hurt us and are helpful to us.
- Some germs are not good for you. They can cause infections and make you sick.
- Vaccines can prevent us from getting sick from some germs that cause diseases like the flu, chicken pox, measles and mumps, but there are not vaccines for all germs.

Can you name things at school or at home where germs can be found?

Desk

Pencil Sharpener

Door Knob

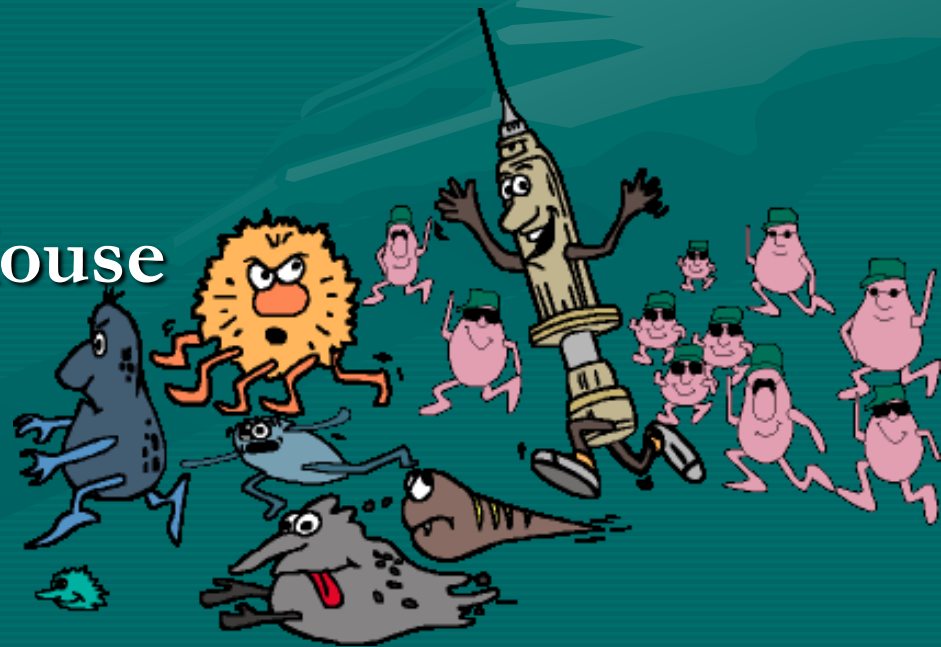
Telephone

Computer Keyboard/Mouse

Books

Water Fountains

Light Switch



When you have “bad” germs on your hands, these “bad” germs can enter your body when you touch.....

- Your mouth
- Your nose
- Your eyes
- A break in your skin, like a cut or a scrape

REMEMBER: If you have germs on your hands and you touch something, you leave germs behind.



How can I keep germs off my hands?

- Wash hands with soap and water when they are dirty
- Use waterless hand sanitizer if you cannot wash your hands with soap and water
- If you have to cough or sneeze use a tissue and throw the tissue in the trash can
- If you do not have a tissue, cough or sneeze into your elbow



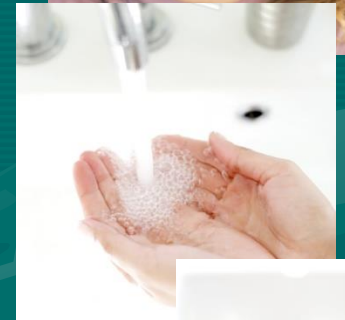
- Keep commonly touched surfaces clean
- Anytime your hands are dirty, do not touch anything until you have washed your hands
- Wash your hands after going to the bathroom
- Wash your hands or clean with waterless hand sanitizer before you eat a meal or a snack



How do I wash my hands?

Wet hands

- Place a small amount of liquid soap in your hand (the size of a quarter)
- Rub the soap into your hands for 15 – 30 seconds covering all areas of your hand and fingers and **DON'T FORGET:**
 - Between your fingers
 - The top of your hand
 - Under and around your fingernails
- Rinse hands completely with water and remove all soap
- Dry hands with a clean paper towel and throw the paper towel in trash



How long is 15-30 seconds?

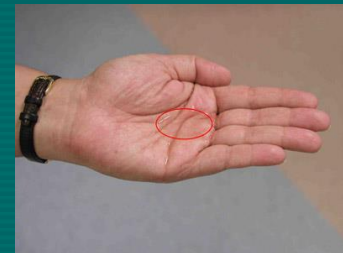
- Humming to yourself the alphabet song 2 times
- Humming to yourself the birthday song 2 times
- Counting :
 - 1 - One Thousand,
 - 2 - One Thousand,
 - 3 - One Thousand,
 - 4 - One Thousand all the way to
 - 20 - One Thousand



How do I use waterless hand sanitizer?

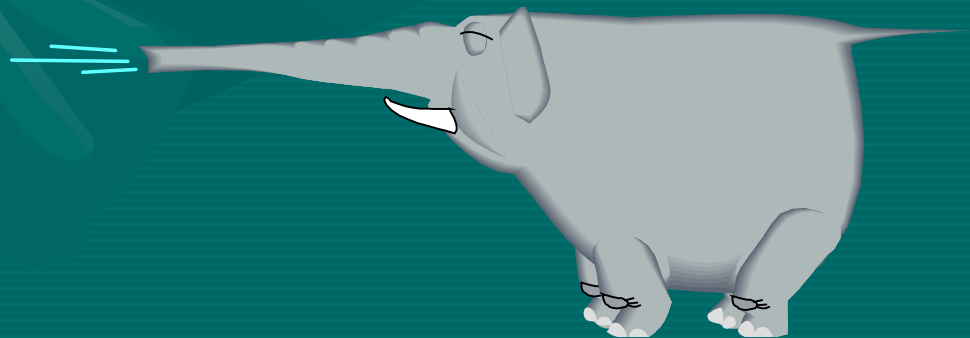
REMEMBER: Cleaning your hands with waterless hand sanitizer also kills the germs

- Apply a small amount (the size of a quarter) on the palm of your hand
- Rub the waterless hand sanitizer into your hands covering all areas of your hand and fingers and **DON'T FORGET:**
 - Between your fingers
 - The top of your hand
 - Under and around your fingernails
- Continue rubbing your hands together until the waterless hand sanitizer dries



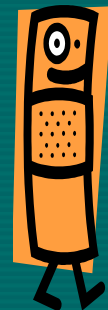
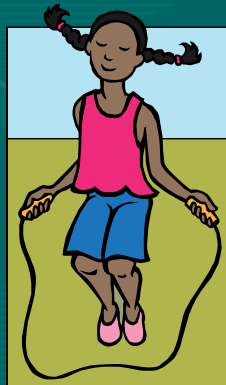
And don't forget

- If you have to cough or sneeze use a tissue and throw the tissue in the trash can
- If you do not have a tissue, cough or sneeze into your elbow
- **DON'T DO THIS.....**



What are some other ways you can protect yourself and others from germs everyday?

- Be physically active
- Get plenty of sleep
- Don't share personal items
- Keep open sores covered



Ways to stay Healthy...

- Eat a well balanced diet
- Drink plenty of fluids
- Avoid close contact with people who are sick
- If you are sick, stay at home until fever free for 24 hours without fever reducing medicine



Questions?

