

# Top Ten List of Hygiene at School

## 1. Washing hands

- ⇒ After using the bathroom
- ⇒ Before every meal and snack
- ⇒ After recess and P.E.
- ⇒ After sneezing, coughing, and blowing nose
- ⇒ After handling garbage
- ⇒ After touching animals
- ⇒ When hands are dirty

## 2. Keep hands to yourself

## 3. Cough and sneeze in your elbow

## 4. Use tissue to blow your nose - throw used tissue in garbage- wash hands

## 5. Use napkin at lunch - not your pants/shirt

## 6. Avoid touching your nose, eyes, and mouth with fingers or pencils (t- zone)

## 7. Use your own supplies - if it is not yours, don't touch it

## 8. Drink plenty of water

## 9. Get some fresh air

## 10. Get some physical activity daily