

HYGIENE AT SCHOOL

School is such a fun place to learn and meet new friends. To make sure we can all continue to learn and play, it's important to have good hygiene at school.



Having good hygiene means I work hard to prevent the spread of germs to my teachers and classmates. Washing my hands ensures I don't spread germs to the items or people that I touch.

I should wash my hands when:

I finish using the bathroom



Before and after I eat



If I sneeze or cough into my hand by accident



When I need to sneeze or cough, I should use a tissue or my elbow to cover my face. Doing this ensures I don't spread germs through the air or onto my hands.



While I love to share toys with my friends, I don't want to share germs with them. This means I shouldn't share drinks or food that have already touched my mouth or theirs.

By keeping my hands clean and my germs to myself, I help keep myself, my classmates, and my teachers healthier at school.

