



North Bay Parry Sound District
Health Unit

NORTH BAY PARRY SOUND DISTRICT HEALTH UNIT Communicable Disease Control

PREVENTING INFECTION IN THE CLASSROOM

• Handwashing (when)

Frequent handwashing is the single most effective way to prevent the spread of communicable diseases.

It is especially important to wash your hands:





-  before making or eating food;
-  when hands are visibly dirty;
-  after coughing or blowing your nose;
-  after playing with animals;
-  before and after changing contact lenses;
-  after you use the bathroom;
-  after changing diapers;
-  more frequently when someone is at home sick.

• Handwashing (how)

Proper hand washing may eliminate nearly half of all cases of foodborne illness and significantly reduce the spread of the common cold and flu. Use an alcohol-based handrub when your hands are not visibly soiled. Wash you hands with soap and water when your hands are visibly soiled.





4 Simple Steps to Handwashing

-  1 Wet your hands with warm running water and apply liquid soap.
-  2 Rub your hands vigorously together scrubbing all surfaces for 10 to 15 seconds.
-  3 Rinse well under warm running water for a count of five.
-  4 Dry hands thoroughly with a paper towel.



Using alcohol-based hand sanitizer

-  1 Apply a quarter size amount of sanitizer on the palm of your hand.
-  2 Rub hands, covering all surfaces of the hands and fingers including under your nails for 15 seconds or until hands feel dry, whichever is longest.

• Keep Sick Children Away

Children who are ill should not be allowed in the class while contagious to others.

Please refer to the “*Reporting and Exclusion Guidelines for Schools/Daycares*” document for the Health Unit’s recommendations regarding disease-specific exclusion guidelines.



Please do not hesitate to contact a member of the *Communicable Disease Control Program* at (705) 474-1400 or 1-800-563-2808 for further information or visit our website at www.nbpsdhu.ca.