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*"The Bayonne Public School Family –
Moving From Good to Great"*

BE HEALTHY



*Wash
Hands,*

*Don't
Shake!*



Bayonne Board of Education
February, 2019

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Dear Staff and Parent/Guardian,

According to the Department of Health & Human Services Center for Diseases Control and Prevention, "Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others."

Poor hand washing practices are a major reason why germs spread within a school setting. Approximately 22 million school days are lost each year due to the common cold and the flu.

In the same theme, hand shaking should not be used as a greeting. Hand to hand contact is a direct way to spread disease.

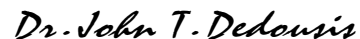
During this wide-spread flu season, the Bayonne Board of Education is aggressively working to sanitize and disinfect all buildings daily each evening.

Together, we can make a difference!

Sincerely,



Dr. Michael A. Wanko
Interim Superintendent



Dr. John T. Dedousis
Chief Medical Inspector

Think you know how to wash your hands?

(as excerpted from the NJ Department of Health & Senior Services,
Communicable Diseases Service)

A little splash of water is NOT enough to clean your hands. Good hand washing requires soap, water, and friction.

Follow these easy steps:

- ◆ Use warm water and soap.
- ◆ Rub hands vigorously for 20 seconds.
- ◆ Wash palms, backs, under nails, between fingers, and wrists.
- ◆ Rinse off all soap.
- ◆ Dry hands with a paper towel.
- ◆ Use the paper towel to turn off the water tap.
- ◆ Use the paper towel to open the bathroom door.
- ◆ Discard the paper towel immediately after leaving the bathroom.

***Wash your hands frequently
&
remember - this is a
Handshake Free Zone!***