



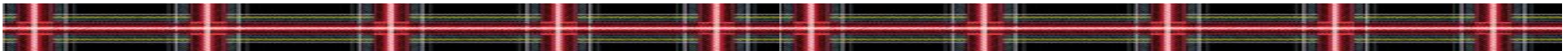
MERCY HIGH SCHOOL

Basic Hygiene

March 9, 2020

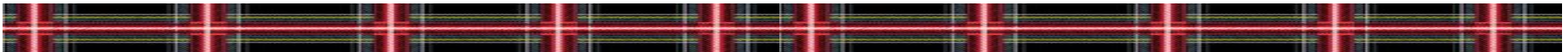
BASIC HYGIENE TIPS

- Wash hands regularly with soap for 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Use hand sanitizer
- Cover your cough or sneeze with a tissue and then throw tissue in the trash.
- Avoid touching your eyes, nose & mouth



BASIC HYGIENE TIPS

- Do not shake hands or hug
- Do not share food, drinks, water bottles, etc. even chapstick
- Stay home when not feeling well. Return to school or work if fever-free for 24 hours.
- Eat well, get sleep and physical activity
- Stay hydrated by drinking water often.
- Handwashing video from Centers for Disease Control & Prevention





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