

Report to **PARENTS**

Curb the Spread of Germs This Winter

Practice Healthy Habits with Your Children

Handwashing: Handwashing is one of the best ways to protect yourself and your family against the spread of germs. Use soap and water to lather your hands, between your fingers, and under your nails. It is important to scrub for at least 20 seconds. If you need a timer, hum the “Happy Birthday” song from beginning to end twice.¹

Proper Cough & Sneeze

Technique: Covering coughs and sneezes can help prevent germs from spreading. Teach your family to cover their mouths and noses with a tissue when they cough or sneeze and immediately throw the tissue in the trash. If a tissue is not available, cough or sneeze into your elbow and not your hands.²

Keep In Touch with Your School

Welcome Back Packs: Encourage your child’s school to use Lysol Welcome Back Packs. These packs include fun and educational materials, posters, mirror clings, stickers, and more help support in-person learning at school and educate students on healthy habits. They are available to download and print at [Lysol.com/HERE](https://www.lysol.com/HERE).

Attend School Meetings: Schools might offer virtual meetings or town halls that are open to parents. These meetings can be a way to express any concerns you might have about your school’s plans.³

Make Healthy Habit Decisions for Your Family

Social Distancing: Before you and your family leave home for an outing, it is important to choose safe social activities and to follow the guidance from local health authorities. While you are out, encourage your family to practice social distancing by staying at least six feet away from others who are not in your household.⁴



Cleaning & Disinfecting: Practice routine cleaning and disinfecting of frequently touched surfaces around your home like doorknobs,

light switches, faucets, and countertops. Cleaning with soap and water reduces the number of germs, dirt, and impurities on a surface, while disinfecting products kill germs on surfaces.⁵

Content Courtesy of Lysol. Learn more about Lysol and the HERE for Healthy Schools Initiative at [Lysol.com/HERE](https://www.lysol.com/HERE).