



Riverside Public School

District 96

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A Letter from the School Health Office

Spread the Word, Not the Germs

Dear Students:

Help keep our school healthy and safe by controlling the spread of germs. Good hand hygiene is especially important during flu seasons and during school hours. Students wash your hands often and dry them thoroughly. If available, use an instant hand sanitizer as a supplement between washes.

After washing and drying hands, be sure you:

- Avoid touching your eyes, nose or mouth.
- Avoid close contact such as shaking hands, especially with people who are sick.
- Cough or sneeze against your sleeve or in a paper tissue that you throw in a wastebasket.
- Avoid sharing objects contaminated with saliva such as drinking cups, water bottles, eating utensils, toothbrushes and lip gloss/balm.
- Do not bite your pencils and/or pens.

Thank you in advance for being a germ stopper!

Geana Chapp, RN