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Remember

Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer. Hand sanitizers can quickly reduce the number of microbes on hands in some situations, but they do **not** eliminate all types of germs.

Healthy School and Community

To ensure a healthy school and community environment it is vital that we understand the importance of hand washing and other good hygiene habits to prevent the spread of infectious diseases.

Wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

September Is National Preparedness Month:

What You Can Do!

Take action

If you take medicine or use a medical device on a daily basis, be sure you have what you need to make it on your own for at least a week, maybe longer.



Make a list of all prescription and over-the-counter medicines you take. Include the dosage of each and other treatments. Also note any food and drug allergies. Keep this list with you at all times. This will be important information if you are evacuated and have to see a doctor in another town.

Ensure that you can go for at least three **days** without electricity, water service, access to a supermarket, or other local services.

http://www.nws.noaa.gov/com/weatherready_nation/prep.html#.VD_e1UuwNbp

