



LAPWAI SCHOOL DISTRICT #341

404 S. Main
Lapwai, Idaho 83540
(208) 843-2622

Healthy Schools, Healthy Students

The Lapwai School District takes great care to create a safe and supportive learning environment. This includes prevention of the spread of illness.

What can we do to prevent the spread of illnesses at school?

Precautions to Take at Home:

- Stay home when sick waiting until 24 hours after a fever to return.
- Get your influenza vaccine. It's not too late.
- Make sure you are up to date on your vaccinations against Pertussis (DTAP).
- Avoid touching eyes, nose and mouth.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

Schools Will Be Reinforcing the Following Procedures:

- Review appropriate handwashing techniques with students followed by provided hand sanitizer.
- Reinforce covering coughs or sneezes with a bent arm or tissue, washing hands afterward.
- Discourage touching eyes, nose and mouth.
- Discourage the sharing of food and drinks.
- All instructional spaces will be provided anti-bacterial wipes.
- Maintenance will clean high-touch surfaces daily with highly-effective, anti-bacterial products.

The Lapwai School District is working directly with the Nez Perce Tribe and Nimiipuu Health to review prevention and education strategies. Please Contact Dr. David M. Aiken, Lapwai School District Superintendent, with questions: (208) 843-2622; daiken@lapwai.org

Centers for Disease Control and Prevention: Follow Five Steps to Wash Your Hands the Right Way

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Centers for Disease Control and Prevention Video: What You Need to Know About Handwashing

Instructional Tool for Educators:

<https://www.youtube.com/watch?v=d914EnpU4Fo&feature=youtu.be>