

Health & Safety Protocols

Washing Your Hands

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, 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.



Face Coverings

Face coverings (masks) are **REQUIRED** while in attendance at Stratford Schools on school buses and at bus stops. Students will be permitted to remove their face coverings while engaged in high-intensity activities in Physical Education class when provided. Face coverings (masks) must be worn when entering and exiting

DO choose masks that

- 
 Have two or more layers of washable, breathable fabric
- 
 Completely cover your nose and mouth
- 
 Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that

- 
 Are made of fabric that makes it hard to breathe, for example, vinyl
- 
 Have exhalation valves or vents, which allow virus particles to escape
- 
 Are intended for healthcare workers, including N95 respirators or surgical masks

Social Distancing

Social (physical) distancing involves maintaining at least six feet of distance between people and is an effective way to help reduce the risk of exposure to the coronavirus in schools and in the work place.

KEY TIMES to Practice Social Distancing

 **Inside your home** when someone has, or thinks they have, COVID-19
If possible, stay at least 6 feet away.



6 feet



 **Outside your home**
Stay at least 6 feet away from people outside of your household in indoor / outdoor spaces. Stay out of crowded places if possible.



6 feet

cdc.gov/coronavirus

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