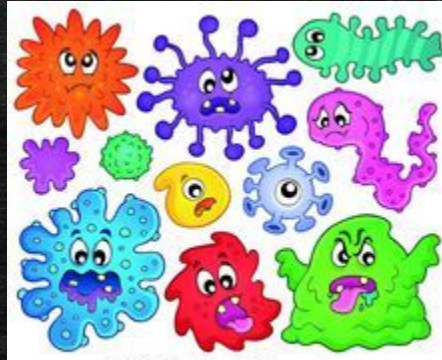


Pine-Richland  
School District  
Health Office

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Return to School

You can protect yourself from GERMS!



ReREmRE  
Remember the "Big Three"



# What are the Big Three?

Masks

Physical Distancing

Hygiene



# Masks

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# Protect yourself by wearing a MASK when appropriate!

## ★ When should you wear a mask?

- If you have a condition that makes it easier for you to get sick.
- When you go places that you can't avoid being within 6 feet of others:
  - School
  - Bus
  - Grocery store



## ★ What is the best practices for wearing a mask?

- Place the mask over your nose and mouth and stretch it from ear to ear.
- Avoid touching the mask once it is on your face.
- Avoid touching the front of your mask when you are removing it.
- Wash your hands after you take your mask off.

# Mask Videos


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## Wearing a Mask

**CORONAVIRUS DISEASE 2019**  
(COVID-19)

Wearing a mask in public may help prevent the spread of COVID-19.

**Here is how to wear it correctly**



 [cdc.gov/coronavirus](https://cdc.gov/coronavirus)

## Be a Mask Hero



# Physical Distancing

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# Protect yourself by Physical Distancing

- ★ Physical distancing puts space between people.
- ★ Being at least 6 feet away from other people lessens your chance of catching illnesses, like viruses.
- ★ Viruses can spread when people sneeze or cough tiny droplets. These droplets don't usually go further than 6 feet before they fall to the ground!
- ★ You should also avoid crowds of people.





Hygiene

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# WASH YOUR HANDS!

- ★ Use soap and water.
- ★ Wash for 20 seconds - count slowly or sing happy birthday twice.
- ★ Be sure to wash the tops of your hands, between your fingers, and even your fingernails.
- ★ If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean your hands.

Click the links below to learn more

[K-6 Hand Washing Video](#)

[7-12 Hand Washing Video](#)

# WHEN SHOULD I WASH MY HANDS?

- ✓ Always wash your hands after you go to the bathroom.
- ✓ Wash or sanitize them whenever you come in from outside, before you eat, and after recess.
- ✓ Wash or sanitize your hands after you blow your nose, sneeze or cough.

# COVER YOUR COUGH AND SNEEZE!

- ✓ Cover your mouth and nose with a tissue when you cough or sneeze.
- ✓ Throw used tissues in the trash.
- ✓ If you don't have a tissue, then sneeze or cough into your elbow, not your hand.
- ✓ Always wash your hands after.

[k-6 Cover your Cough and Sneeze Video](#)

[k-6 Cover Your Cough and Sneeze video #2](#)

[7-12 Cover your Cough Video](#)

# DON'T TOUCH YOUR T-ZONE!

What is your T-ZONE?

Your T-Zone is your  
EYES, NOSE, and MOUTH.



**AND, you shouldn't share your  
food or drinks with others!**

**AND, although it is kind to share, not sharing personal and classroom items during this time is okay. It is a way to help protect yourself!**

Doorbells

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# Health Office Doorbell

Ring the doorbell.



Have a seat in one of the chairs.



The nurse will be out to talk to you.

If you have to go home, you may go to a special waiting area to be picked up.

Resources:

Center for Disease Control and Prevention: [CDC](#)

PA Department of Health: [PADOH](#)

Allegheny County Health Department: [ACHD](#)

Pine Richland COVID 19 website: [PRSD](#)

Kidshealth.org

Healthychildren.org

Henrythehand.com

# Pine Richland School District Health Services

[PRSD Health Services Website](#)

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Wexford Elementary	Jackie Cerny, BSN, RN, CSN	<a href="mailto:icerny@pinerichland.org">icerny@pinerichland.org</a>	724-935-4631 Ext. 226 Fax 724-935-3733