



## Simple Solutions to Keep Germs at Bay this Fall and Winter

Fall is officially here and so are increased opportunities for you and your students to spread germs. Now is a good time to remind yourself and your students about the most important things you can do to keep from getting sick. They include covering your cough, washing your hands, and staying home when you are sick.

**Covering your cough** is one of the best ways to prevent germs and bacteria from spreading to other people. Remind students how to effectively cover their cough:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- You may be asked to put on a facemask to avoid spreading germs to others.
- Wash your hands often with soap and warm water for 20 seconds.



Proper **hand washing** is just as important as covering your cough to prevent the spread of germs and disease. Here is a quick reminder of the proper hand washing method:

- Wet hands with warm (not hot) water and use soap.
- Rub hands together, making sure to scrub all areas, including your fingernails.
- Rub for at least 20 seconds or sing "Happy Birthday" -twice.
- Rinse well, then dry hands on a paper towel.

Turn the faucet off and open the bathroom door with the paper towel or your elbow- not your hands. This will prevent you from touching germs that are already on the faucet.

Many people wonder if alcohol-based hand sanitizers are okay to use instead of soap and water. It is best to wash your hands with soap and clean water for 20 seconds. If soap and clean water are not available, an alcohol-based hand-rub will also kill most of the germs on your hands. Keep some hand sanitizer with at least 60% alcohol in the classroom as a backup method to soap and water.

For age appropriate curriculum ideas about how to reinforce hand washing to students, visit the Minnesota Department of Health's website at <http://www.health.state.mn.us/handhygiene/curricula/curriculum.html>.

For more information, visit

[http://www.publichealth.columbus.gov/health\\_educators.aspx?id=17962](http://www.publichealth.columbus.gov/health_educators.aspx?id=17962)

Source: Centers for Disease Control and Prevention.



## News You Can Use

### Office Depot Foundation

The Office Depot Foundation is offering community grants ranging from \$50-\$3,000. The funding focus includes projects that make a difference in children's lives, build communities, or provide disaster relief. The majority of grants issued are in the vicinity of \$1,000 and the deadline to apply is November 15, 2010. For more information and an eligibility quiz visit

<http://www.officedepotfoundation.com/funding.asp>.

### Calling all Educators– Physical Activity and School Wellness Resources Needed!

The Creating Healthy Communities Network is looking for resources to include in the Franklin County Physical Activity Plan Toolkit. Please send any resource that you use to promote school wellness or physical activity to Laurie Smith at [LASmith@columbus.gov](mailto:LASmith@columbus.gov). The toolkit will be completed in fall 2010 and will be shared with Health and Nutrition Flash recipients.



The Franklin County Physical Activity Plan is a comprehensive approach to encourage schools (including youth-serving organizations), communities, worksites and transportation professionals to help Franklin County residents increase their physical activity levels. The plan can be accessed at <http://publichealth.columbus.gov/fc-physical-activity-plan.aspx>.

## Active Recess Activity

Each month, the Health and Nutrition Flash (HNF) will offer teachers and recess monitors a different active recess activity that they can add to their activity boxes. For more information, refer to the [January 2010 edition of HNF](#). Add this Sharks and Nemo Activity to your Outdoor Recess Toolbox.

### Sharks and Nemo

Grades: K-2

Equipment: Cones for start and finish lines.

Formation: Use a large open area such as the playground or grassy area. Place cones to form a start and finish line.

Activity: All the children (Nemos) line up at the starting line to begin the game. Several children are chosen by the leader to be Sharks. The Sharks move around in the open space between the start and finish lines. When the leader calls "Shark Attack" all the Nemos run toward the finish line trying not to be tagged. When a Nemo is tagged by a Shark, he or she becomes a Shark and helps tag the remaining Nemos. The game continues until most of the Nemos have become Sharks. Restart another game with new Sharks.

Source: The Zone Playground/Indoor Physical Activity Model. Created by Lois Carnes, M.Ed.  
Copyright 2008 by Lois Carnes. [ECARNES@aol.com](mailto:ECARNES@aol.com)



## Buckeye Best Tips

### Coordinated School Health Model 102

The [September edition of Health and Nutrition Flash](#) discussed the Coordinated School Health Model as a way to improve students' capacity to learn through the support of families, schools and community working together. Schools cannot and should not be expected to change the health of students alone. This issue of HNF links the Coordinated School Health Model principles to school-based systematic solutions to help health advocates and school administrators speak the same language to achieve outcomes.

Healthy school planning should involve administrators, teachers, staff, parents, and community members to address key education principles. Addressing these key education principles can be done through Wellness Teams or Family and Civic Engagement Teams. Wellness or Family and Civic Engagement Teams work to ensure all children have the support needed to graduate from high school prepared for additional educational experiences, the workforce and a healthy life style.

The table below indicates how key education principles align with the different components of the Coordinated School Health Components. Promoting discussions regarding healthier students centered around academics increases the likelihood that school climates will impact the health of students and their ability to succeed.

Key Education Principles	Coordinated School Health Model Component (s)
Leadership and Partnerships	Healthy School Environment; Family and Community Involvement
Policy Development	Healthy School Environment
Health and physical education curriculum planning	Physical Education; Health Education
Instructional practices and assessment	Physical Education; Health Education
School climate and environment	Healthy School Environment; School Nutrition Services
School-based or linked health services	School Nursing Services; Counseling/Social Services
Staff professional development and wellness	Health Promotion for Staff; Counseling and Social Services
Youth involvement	Healthy School Environment; Family and Community Involvement
Family and Community Engagement	Family and Community Involvement

Stay tuned! The November edition of Health and Nutrition Flash will link the Coordinated School Model and key education principles with the Ohio School Improvement Process.



## Staff Wellness

### Pertussis (Whooping Cough): What you Need to Know

Pertussis is a very contagious disease caused by a type of bacteria called *Bordetella Pertussis*. Pertussis is one of the most commonly occurring vaccine-preventable diseases in the United States. Recently, Columbus and Franklin County have seen an unusual rise in Pertussis cases.

Pertussis can be very serious for babies and young children, causing them to cough so much that they cannot breathe. Hundreds of babies are hospitalized each year in the United States with Pertussis, and some die from it. Pertussis can also be serious for adults and teens, with coughing that leads to vomiting or broken ribs. They can miss weeks of work and school. They can also spread Pertussis to babies at home.

#### Pertussis symptoms may include:

- Begins with cold-like symptoms.
- Turns into to a severe, constant cough that ends with a “whoop” sound, primarily in younger children. Older children, teens and adults may not have the “whoop”.
- Coughing fits where it is hard to catch your breath that may end in vomiting.
- Usually there is little or no fever.



#### Preventing Pertussis:

The best way to prevent Pertussis is through vaccinations. The childhood vaccine is called DTaP. This vaccine protects children against three diseases: diphtheria, tetanus, and Pertussis. For maximum protection against Pertussis, children need five DTaP shots. The first three shots are given at two, four, and six months of age. The fourth shot is given between fifteen and eighteen months of age, and a fifth shot is given when a child enters school, between four and six years of age.

The Pertussis booster vaccine for adolescents and adults is called Tdap. Both protect against Pertussis, tetanus, and diphtheria. The easiest thing for adults and adolescents to do is to get Tdap instead of their next regular tetanus booster (the tetanus booster is recommended for adults and adolescents every ten years). The dose of Tdap can be given earlier than the 10-year mark; so it's a good idea for adults to talk to a healthcare provider about what's best for their specific situation.

As a general reminder, wash your hands frequently, cover your cough and stay home if you are sick to help prevent the spread of disease.

For more information about Pertussis, visit <http://www.cdc.gov/vaccines/vpd-vac/Pertussis/>.

Creating Healthy  
Communities  
Network

Funded by the Preventive Health and Health Services Block Grant from The Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Bureau of Health Promotion and Risk Reduction, Creating Healthy Communities Program. This publication was supported by Grant Number 2B01DP009042-09 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC

