



## Healthy Hygiene Practices

- Handwashing: Wet hands, soap, **scrub for 20 seconds**, rinse, dry.
- Covering mouth/nose when coughing and sneezing.
- Nose blowing!! Please work with kids to get this skill mastered.
- Checking temperatures with thermometer. A fever is a temperature over 100°F. Kids with temperatures over 100°F, should stay home from school to rest and recover. Fever reducing medication, such as Tylenol or ibuprofen, will bring down the temperature, but the illness is still present and risk of infecting others is present. If there is no fever for 24 hours, without fever reducing medications (Tylenol or ibuprofen) and your child is feeling better and ready to partake in the school day, then may return to school.



### Student Health Center

1028 South 9<sup>th</sup> Street

Milwaukee, WI 53204

Phone: 414.649.2825

Fax: 414.389.5118 ~ confidential fax

Email: [healthnurse@bgcsedu.org](mailto:healthnurse@bgcsedu.org)

Hours: School days: 8:00 am to 3:30 pm

**Attendance line: 414.389.4757** Please leave a message with child's name, grade, teacher, detailed explanation of illness, thank you!