

**YOUR
BACK TO SCHOOL
HYGIENE GUIDE**

*Going back to school safely
amidst the COVID-19 pandemic.*



Citron Hygiene Back to School Guide

Citron Hygiene has been a hygiene solutions provider for over 45 years with a presence in Canada, USA and the UK. We are passionate about building healthy spaces where people feel comfortable working, living, and learning. Partnering with a trusted hygiene advisor is more important now than ever amidst the COVID-19 pandemic. With the right safeguards in place, together we can create safer, more hygienic schools.

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Going Back to School Safely Amidst a Global Pandemic

The COVID-19 pandemic has hit us all hard. Schools have been forced to close and children of all ages have been learning from home. After a period of closure, state governments have revealed that for some children, in-class learning is resuming. While maintaining hygiene and cleanliness in schools has always been important, it has never been as important as it is now. COVID-19 has shifted us to a 'new normal,' where hygiene practices are placed under a microscope and standards need to be elevated. This guide was created to help schools navigate this 'new normal'. In alignment with state guidelines and mandates regarding going back to school, this guide provides a comprehensive look at what schools can do to elevate their hygiene and limit the spread of infectious disease.





The Spread of Germs at School





As students and staff return to the classroom, they will have hopes that this school year is different than the last. In order to make sure students and teachers have a positive academic year, it's vital that health and well-being is put first. Germs in schools spread fast; especially within young children who are more susceptible to viruses and less likely to adhere to strict hygiene protocols. On average, children come into contact with over 150,000 germs while they're at school, getting sick up to 10 times a year. While that number may seem scary, there are many things schools can do to mitigate the risks of cross-contamination and illness.

School absenteeism due to illness directly impacts a child's academic success and increases the likelihood of dropping out in the future.



Get the Lowdown on Germs

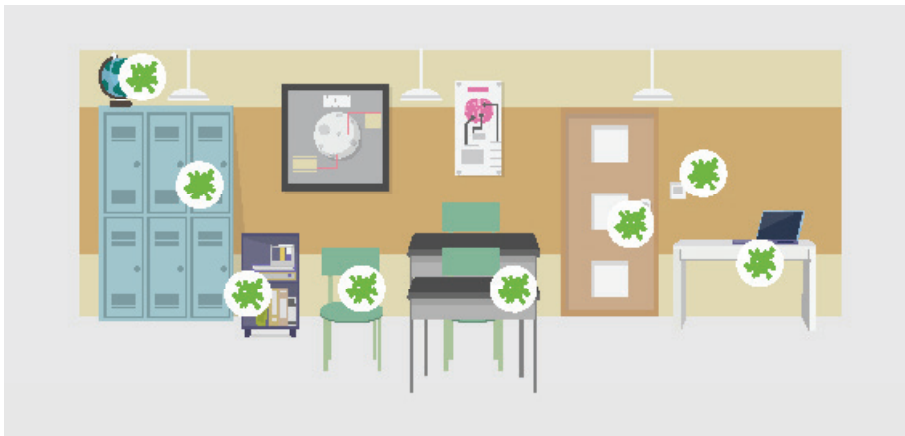
Germs can be spread in a number of ways including:

-  Through the air in sneezes, coughs or breaths
-  Through hands by touching contaminated surfaces and then touching your face
-  Spread through sweat, saliva and blood
-  Through contaminated sharps





Germ Hot-Spots in Schools



- Desks
- Light Switches
- Chairs
- Doors Handles
- Keyboards
- Classrooms Supplies & Textbooks
- Restrooms
- Cafeteria Trays

Figure 1: Germ hot-spots in a classroom.

Prevent the Spread

Limiting the spread of harmful germs and bacteria in schools has a number of benefits including:

- Reduced absenteeism among students and teachers
- Increased productivity and student well-being
- Improved academic performance in students
- More engaged students and teachers
- Giving children a chance to socialize and make new friends



Hygiene Measures for your School

The following guideline uses the Center for Disease Controls' guidelines Operating Schools During COVID-19 and Preparing K-12 School Administrators for a Safe Return to School in Fall 2020 to inform recommendations.

Clear Communication to Staff and Parents

Clearly communicating your schools' strategy for welcoming students back to parents and staff is important prior to resuming in-class schooling. Parents should know what the new school experience will look like as well as what pre-screening they need to do prior to sending their children to school. Staff should also be properly informed on all new policies and procedures regarding pre-screening, cleaning, and social distancing.

Hygiene Recommendations

Enhance environmental cleaning and disinfection including the disinfection of common surfaces at least twice daily and the daily disinfecting of all other areas of the school.

Handwashing should be mandatory for all faculty and students before and after entering school, eating lunch, going out for recess, using the restroom, and blowing your nose.

Regular scheduled deep cleaning of the entire school when the students are not present.

Avoid sharing items like pencils, books, and any other classroom supplies.

Daily reminders of the importance of hand hygiene and respiratory etiquette.

Wear masks when indoors or when social distancing is not possible (some provinces may mandate the use of PPE inside schools at all times).

Implement a hand hygiene schedule.

Screening and Social Distancing Recommendations

All students and staff should self-screen for symptoms of COVID-19 prior to going to school every day.

Prohibit individuals, including students, who have/had symptoms of COVID-19 within the previous 14 day from entering the school.



Children and staff should stay home if they feel ill or experience any symptoms related to COVID-19. Signage displaying a safe social distance and the direction of travel should be available throughout the school.

Cohort students into smaller groups with the same teachers and staff to limit the amount of different people students and staff come into contact with.

Your Back to School Checklist

Pairing with a trusted hygiene advisor is the best way to ensure you have properly equipped your school with everything it needs to welcome students back safely. Adapting to the 'new normal' is easy with the right guidance, and Citron Hygiene is here to help!

- ✔ Provide a consistent supply of PPE to staff and students
- ✔ Provide an enclosed receptacle at all entrances for the safe disposal of PPE and accompany it with educational signage displaying the proper way to safely remove PPE
- ✔ Place hand sanitizer dispensers at all entrances, in all classrooms and common areas.
- ✔ Arrange for professional disinfection to be carried out on a regular basis
- ✔ Provide educational signage on proper handwashing in all restrooms along with educating students on the importance of good hand and respiratory hygiene
- ✔ Ensure schools are free of unwanted pests with Integrated Pest Management services
- ✔ Install touch-free fixtures like AutoFlush, AutoFaucet, and automatic soap dispensers in all restrooms
- ✔ Install touch-free personal hygiene disposal units in all restrooms for the hygienic disposal of menstrual and personal hygiene products
- ✔ Use a EPA-approved surface disinfectant for regular disinfection of commonly touches surfaces and items

Hand Sanitizer

**Be wise,
sanitize.**



PROPER HANDWASHING

1

Wet hands under warm running water.



2

Dispense soap.



3

Rub hands and exposed portions of arms together for 20 seconds.



4

Rinse thoroughly.



5

Dry with clean paper towels. Turn taps off using towel.



