

**Subject:** From the Nurse

**Date:** Wednesday, March 4, 2020 at 8:00:00 AM Eastern Standard Time

**From:** Roy, Joe

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Just a reminder to everyone that the best way to prevent the spread of viruses is to perform hand hygiene frequently.

- Before and after each class, before and after you eat and before and after you use the bathroom is a good schedule to follow.
- If you are using soap and water scrub your hands for 20 minutes (that's the birthday song twice.)
- Hand sanitizer is more convenient and easier if you have back to back classes and works with the same efficacy as soap and water. Rub a dime sized amount on your hands until it dries.

Prevention is the key to both our personal health and the health of our community.

Yours in Health,

Nurse Joe

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