



Upland Unified School District
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Coronavirus (COVID-19) Communication: Wash Your Hands the Right Way

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Dear UUSD Team:

As we continue to monitor the Coronavirus (COVID-19), we want to encourage you to review the following from the Centers for Disease Control and Prevention. Teachers, please share this with your students and provide ongoing reminders about the importance of following these simple steps:

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

Please click on the link below for video demonstrations:

<https://www.cdc.gov/handwashing/videos.html>

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**Every Single Student...
Every Single Day**

