

Hygiene

In-Person Learning Resources for Parents and Caregivers at Chicago Public Schools — A Resource Created by Healthy Schools Campaign for Parents and Caregivers in Chicago Public Schools

MARCH 2021

**HEALTHY SCHOOLS
CAMPAIGN**

EVERY CHILD DESERVES TO LEARN + THRIVE

Hygiene

Frequent handwashing is one of the most important ways to reduce the spread of COVID-19. Handwashing with soap and water, or with the use of hand sanitizer, removes the virus from hands.

What Experts Say

Hands should be washed with soap and water for 20 to 30 seconds frequently throughout the school day. Handwashing best practices from public health experts include:

- Students and staff should wash their hands upon arrival and before and after touching shared surfaces, eating, touching the face, recess, physical education, and transitioning between classes.
- While handwashing with soap and water is best, hand sanitizer containing at least 60% alcohol or ethanol is an effective alternative when handwashing is unavailable.
- All students and staff should be trained in proper handwashing and sanitizing procedures, and signage should be placed at sinks to reinforce appropriate handwashing technique and duration.
- Hand sanitizer or portable handwashing stations should be available throughout the school. Other strategies the school may implement include [installing no-contact infrastructure](#) (like touchless sinks).

What CPS Says

All students and staff will be asked to wash or sanitize their hands upon entering the building, after restroom breaks, and when traveling to a different classroom. Hand sanitizer will be provided to every classroom and hand sanitizing stations will be set up near every classroom and in high-traffic areas such as entrances and elevators. In addition to signage and public awareness campaigns that will help all students understand when and how to properly wash their hands and use hand sanitizer, schools should teach health protocols to students directly.

Parents and Caregivers Should Know

CPS has made hygiene an important part of its infection control policy and is planning to provide adequate supplies to ensure that all students and staff can wash hands frequently throughout the day. Parents and caregivers may still want to ask the following questions:

- Will my student have the opportunity to wash hands before meals, or before and after touching a shared surface? How will handwashing be facilitated to avoid crowding?
- How will CPS ensure that handwashing and sanitizing stations remain filled?
- Where will handwashing and hand sanitizer stations be located?
- Who is responsible for ensuring that all students are properly washing hands?
- How will the class be conducted so that there is not a long line for handwashing many times throughout the day?
- Will students be allowed to bring their own hand sanitizer to school?
- How often will hand soap and hand sanitizers be filled?

The best practices in this document are based on guidelines provided by the Harvard [T.H. Chan School of Public Health](#) and the [U.S. Centers for Disease Control and Prevention](#).