



## Keeping our school a safe place.

Dear Parent /Guardian and Students,

Thank you for your patience and commitment as we send you some more information on procedures for keeping our school environment as safe as possible. The focus of this communication is **Coughing and Sneezing**

According to the latest information from the HSE:

'You can get the virus if you come into close contact with someone who has the virus. It is spread through droplets that come from your nose and mouth. For example, from someone who is talking loud, singing, shouting, coughing or sneezing.

You can also get the virus from surfaces, for example, when someone who has the virus sneezes. Droplets containing the virus can fall onto surfaces around them. If you touch that surface and then touch your eyes, nose or mouth, you could become infected too.'

<https://www2.hse.ie/conditions/coronavirus/how-coronavirus-is-spread.html> Last updated:19 August 2020.

- ✚ Based on this information, we are advising all students to be mindful of their own and others' safety at all times. We are attaching some posters, produced by the HSE and the hpsc which detail what to do when you cough or sneeze.
- ✚ Should students sneeze or cough while wearing a mask, students are encouraged to safely remove their mask, place it in their own re sealable plastic bag, sanitise their hands and then wear a clean replacement mask.

As always, if you have any queries or concerns, please do not hesitate to contact the school office.

Regards,

Mr Eugene O' Brien,

Principal

# COVER YOUR COUGH AND SNEEZE

STOP THE SPREAD OF GERMS THAT MAKE PEOPLE SICK



When you cough or sneeze cover your nose and mouth with a tissue

**OR** Cough or sneeze into your elbow, not your hands.

Throw away your tissue!



Clean your hands after coughing or sneezing.



# THANKS!



# COVER YOUR COUGH AND SNEEZE THE RIGHT WAY



**DO**

Use a tissue and place it immediately in the bin.  
Wash your hands or use a hand sanitiser.



**DO**

Cough or sneeze into your upper sleeve.  
Germs won't spread through your clothing.



**DON'T**

Cough or sneeze into your hands. You'll end up  
spreading germs to everything you touch.



Seirbhíse Sláinte  
Níosa Fearr  
& Fórsaínt

