



OTTAWA
NETWORK FOR
EDUCATION

RÉSEAU
D'OTTAWA POUR
L'ÉDUCATION

SCHOOL BREAKFAST PROGRAM



Health Screening

Any person assisting in SBP daily operations must be aware of and follow the school board's daily self-screening tool for COVID-19 symptoms and stay home if ill.

By this, it is understood that any person that does not satisfy the conditions of the COVID-19 screening assessment to enter the school, are prohibited from SBP operations until the school board policy permits their safe return to in-person duties.

Personal Hygiene

- Wear clean outer clothing
- Tie back hair or wear head gear (ex. hairnet, hat)
- Avoid wearing hand jewelry
- Keep nails well trimmed
- Avoid nail polish as it can chip and fall into food
- Wash hands properly after using the toilet, smoking, biting your fingernails, touching your mouth, nose, or hair (including beard or moustache)
- Contain sneezes and coughs to a tissue paper and wash hands immediately
- Use gloves to cover cuts or infections on your hands; otherwise, gloves are not required
- Do NOT prepare or serve food if you are sick with any of these symptoms - diarrhea, vomiting, fever, sore throat or persistent coughing and sneezing



Ottawa's health is in **your hands**

La santé d'Ottawa est entre **VOS mains**

Help prevent the spread of germs

- ⇒ Wash your hands with soap and water, or use hand sanitizer
- ⇒ Cover your coughs and sneezes with a tissue or your arm, not your hand
- ⇒ Stay at home if you are sick
- ⇒ Get immunized

Aidez à prévenir la propagation des germes

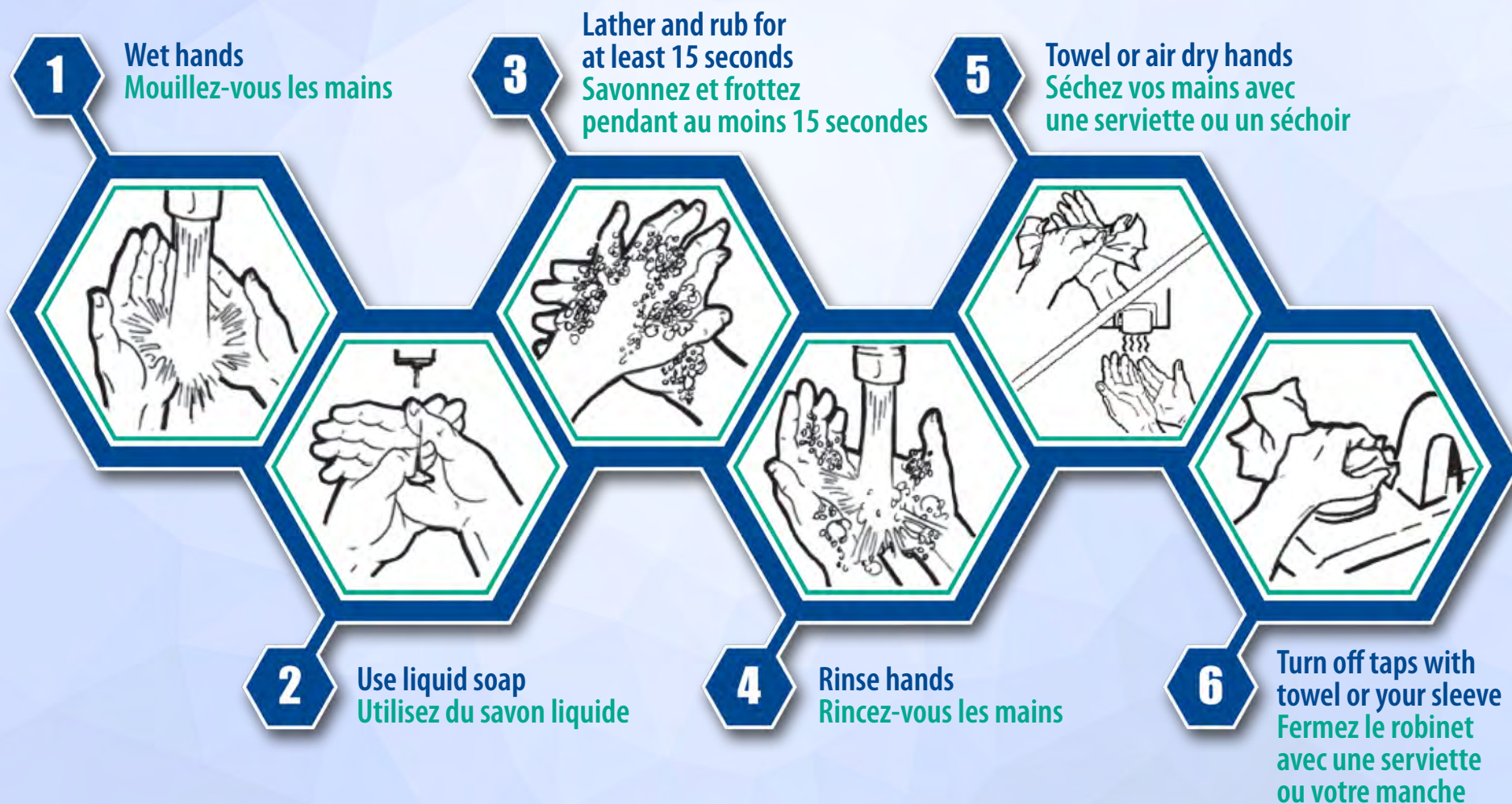
- ⇒ Lavez vos mains avec de l'eau et du savon ou utilisez un désinfectant à base d'alcool
- ⇒ Toussez et éternuez dans un mouchoir ou dans votre manche et non dans vos mains
- ⇒ Restez à la maison si vous êtes malade
- ⇒ Faites-vous vacciner

Ottawa's health is in **your hands**

Proper **hand washing** helps prevent the spread of germs!

La santé d'Ottawa est entre **vos mains**

Bien **se laver les mains** aide à prévenir la propagation des germes!




Ottawa's health is in **your hands**


Proper **hand sanitizing** helps prevent the spread of germs!


La santé d'Ottawa est entre **vos mains**


Bien se **désinfecter les mains** aide à prévenir la propagation des germes!


- 1** Place a quarter-size drop of alcohol-based hand sanitizer in your palm
Versez du gel désinfectant à base d'alcool de la grosseur d'un vingt-cinq sous dans votre paume


- 2** Rub hands together; palm to palm
Frottez vos mains, paume contre paume


- 3** Rub back of each hand with palm and fingers of the other hand
Frottez le dos de chaque main avec la paume et les doigts de l'autre


- 4** Rub around each thumb
Frottez autour de chaque pouce


- 5** Rub fingertips of each hand back and forth in the other hand
Frottez le bout des doigts de chaque main dans la paume de l'autre


- 6** Rub until your hands are dry (at least 15 seconds)
Frottez jusqu'à ce que vos mains soient sèches (au moins 15 secondes)

