

Purpose: To Prevent the Spread of Germs in the Classroom

Based on current information from the CDC and WHO, SHC will continue to hold courses as planned with some enhanced precautions. We continue to monitor developments related to COVID-19 and communicate directly if there are any changes to our course offerings.

Follow Proper Hand Hygiene & Respiratory Etiquette

- Proper hand washing is the most effective way to prevent the spread of germs
- Wash hands often with soap and water for at least 20 seconds
- Cover coughs and sneezes using the crease of your elbow or tissue
- Do not cough or sneeze into you hands
- Avoid touching your eyes, nose, and mouth with unwashed hands

Stay Home if You are Not Feeling Well

- Especially with flu/cold like symptoms
- If experiencing symptoms of any suspected illness, isolate and seek medical attention if symptoms develop

Promote a “Hug- and Handshake-Free” Environment

- A simple smile
- Elbow or fist bump instead

Practice Good Health Habits

- Clean and disinfect frequently touched surfaces
- Get plenty of rest and fluids