

2021 Solo and Ensemble Festival

The 2021 Medina County Solo and Ensemble Festival has been **canceled** . This decision was made with the best interest of all in mind, especially with the current surge of the pandemic. Hopefully, the pandemic will be behind us next year, and we will be able to offer the Solo and Ensemble Festival in 2022.

Hand-Washing Reminders

Hand Washing 2020, A Five-Minute Presentation



Raccoons are notorious hand washers. But who taught them the "Happy Birthday" song?

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.

Inspirational Quote

"Out of the mountain of despair, a stone of hope."

Martin Luther King, Jr.



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Hand-Washing Reminders (cont.)

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 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.

Citation: Center for Disease Control and Prevention 11/24/2020, accessed 12/07/2020
[<http://cdc.gov>]

Hand Washing Basic Facts:

- On average, you come into contact with 300 surfaces every 30 minutes, exposing you to 840,000 germs.
- Only about 5 percent of people wash their hands correctly.
- Most people wash their hands for only six seconds.
- Around 33 percent of people don't use soap when washing their hands.
- Up to 80 percent of communicable diseases are transferred by touch.
- Proper hand washing can reduce diarrhea rates by 40 percent and respiratory infections by close to 20 percent.
- Failing to wash hands correctly contributes to nearly 50 percent of all foodborne illness outbreaks.
- Only 20 percent of people wash their hands before preparing food and 39 percent before eating food.
- About 7 percent of women and 15 percent of men do not wash their hands at all after using the bathroom.
- Most bacteria on our hands are on the fingertips and under the nails. The number of bacteria on our fingertips doubles after using the bathroom. Most people wash the palms of their hands and miss everything else.
- Damp hands are 1,000 times more likely to spread bacteria than dry hands. Only about 20 percent of people dry their hands after washing them.
- There is fecal matter on 10 percent of credit cards, 14 percent of banknotes, and 16 percent of cellphones.
- Approximately 39 percent of people don't wash their hands after sneezing, coughing, or after blowing their nose.
- Elevator buttons harbor 22 percent more bacteria than toilet seats.
- Reminder signs are successful in encouraging more hand washing.
- Dirty sinks result in less hand washing.
- Hand-washing rates are higher in the mornings than evenings.

Citation: Erin Burdette 2/1/18 All Portable Sinks, accessed 12/07/2020

[<http://allportablesinks.com>]

A Helping Hand for the Classroom

Enjoy the informational resource by clicking on the link below. It offers facts, videos, and additional materials.

<..\Desktop\Henry The Hand.html>

Social Distancing



<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

Social distancing, also called physical distancing, means keeping a safe space between you and other people who are not from your household. To practice social or physical distancing, stay at least six feet (about two arms' length) from other people who are not from your household in both indoor and outdoor spaces.

Wikipedia Definition: In public health, social distancing, also called physical distancing, is a set of non-pharmaceutical interventions or measures intended to prevent the spread of a contagious disease by maintaining a physical distance between people and reducing the number of times people come into close contact with each other.



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