



**Bedford Central School District
School Health Services**



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We have created this overview of important reminders on the importance of sanitizing and hygiene.

1. **Wash** hands after touching mail and packages.
2. Wear disposable gloves while cleaning whenever possible.
3. The emphasis for healthy hygiene remains:
 - **Frequent Hand Washing** (soap & water with paper towel to dry is best, but hand sanitizer works**)
 - **Cover your Cough** with crook of your elbow or tissues
 - **Avoid Hand-to-Face contact** (do not touch eyes, nose and mouth)
 - **Stay Home**
 - **6 feet social distancing-** Avoid close contact/handshakes. Distance is helpful within our daily interactions.
 - **Wipe down surfaces & door knobs with disinfectants throughout the day.**
 - **Open windows** for ventilation in good weather.
 - **Get Rest.**
 - Have a **Healthy Diet** and increase your fluids (**drink water**).
 - **Physical activity:** walks, non-contact outdoor activity with 6 ft social distance.
 - **Self-care:** relaxation, reading, play and limited screen time.
 - **Avoid large public spaces** unless necessary (ie: grocery store, pharmacy).
 - **Do not share common use items** like cups, plates and utensils.
4. **Practice Routine Cleaning of High Touch Surfaces** (cell phones, computers, doorknobs, light switches, remote controls, tables, countertops, faucets, toilets, sinks, refrigerator, oven and microwave handles, food preparation surfaces, etc). **Remember to follow the manufacturer's directions for it's surface cleansing! Disinfectants may need to stay on the surface and left to dry for a specific time period.**
5. **Surface Cleaning:**
 - Hard Surfaces:**
 1. Clean with soap and water.
 2. Disinfect with solutions that include
 - a. Diluted Bleach= 4 tsp Bleach In 1 Quart of water
 - b. Hydrogen Peroxide
 - c. Rubbing Alcohol (Isopropyl) 70% or higher
 - d. EPA registered Store bought cleanser
 - Soft Surfaces and Laundry:**
 1. Clean with soap and warm water whenever possible.
 2. Launder items in warmest water appropriate and dry completely on a regular basis.
 3. Clean and disinfect clothes hampers/laundry bags.

Food Utensils, Plates, Cups, storage containers etc. should not be shared.

1. Clean with soap and hot water or in the dishwasher and dry completely between each use.

6. From the CDC:

- [From the CDC on how to keep our homes sanitized](#)
- *If you have someone in your household that is sick, the CDC link offers more specific tips on keeping healthy while caring for an ill family member.*
- **The CDC is Now Recommending Cloth Face Masks/Coverings When In Public Settings (Ie: Grocery Stores, Pharmacies, Etc.)**

Here is a link for how to make/wear a cloth face covering/mask:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Link to define Essential Services: [esd.ny.gov](https://esd.ny.gov/guidance-executive-order-2026) › guidance-executive-order-2026