

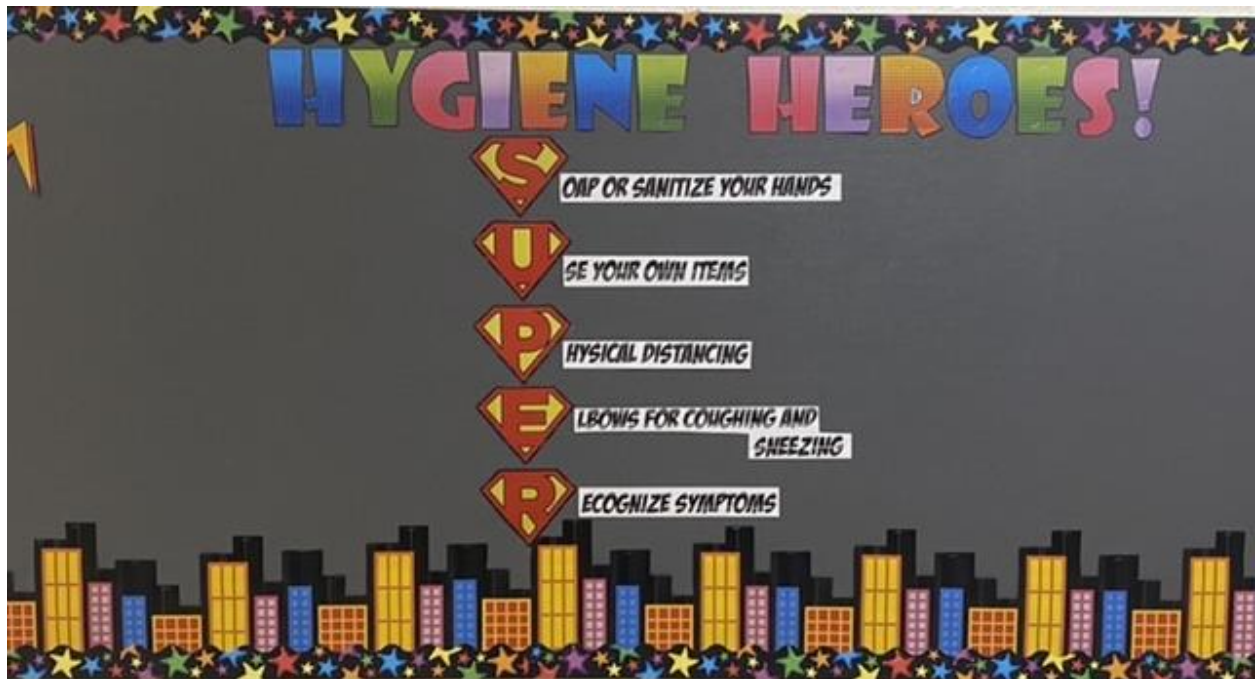
Hygiene Heroes

Monthly Campaign Bulletin Board

Theme:

This campaign focuses on healthy hygiene and other useful methods of reducing COVID-19 exposure.

Example Bulletin Board:



Classroom Instructions:

Have a discussion with your classroom about COVID-19 and your schools' plan to manage the virus. Depending on the grade, your students may have a lot of questions regarding COVID-19, especially in terms of managing it at school. This can lead into a review of the SUPER mnemonic to help reinforce things they can do to protect both themselves and their community from COVID-19. Talk about and give examples for each letter of SUPER and clarify any questions students might have for each.

- **S** is for **soap or sanitize your hand**. Properly washing your hands is a great way to help protect yourself and others from germs. Make sure you try to get every nook and cranny of your hands when you're washing them. Don't forget that you should be washing your hands for at least 20 seconds!
- **U** is for **use your own items**. Germs can live on surfaces like pencils, water bottles, books and erasers for a long time! If we're trying to stop the spread of germs, let's make sure we only use our own items.

- **P** is for **physical distancing**. Physical distancing means keeping a safe distance between yourself and the people around you. Do your best to have enough space that if you and the people around you were to stretch your arms out, you wouldn't be able to touch hands.
- **E** is for **elbows for coughing and sneezing**. When we cough or sneeze, we can spray droplets from our mouths that go into the air and can land on surfaces or other people. If we're sick and those droplets come into contact with others, we might get them sick too! Let's keep everyone safe by coughing and sneezing into our elbows.
- **R** is for **recognize symptoms**. Our bodies have ways of letting us know that we're sick or getting sick. Some common ways our body warns us are fever, cough, shortness of breath or difficulty breathing, runny nose, and sore throat. If you think you might be sick, let someone in your family know!

Bulletin Board Instructions:

This bulletin board has posters (*attached*) that can be printed off and pinned to the board. There are two options for a bulletin board activity:

1. **Younger students** - Using the drawing template (*attached*), ask students to draw their own creation of a hygiene hero. What is their hero's name? What do they look like? What are their special powers? Or what tools do they use to be a SUPER hygiene hero?
2. **Older students** - Using the writing template (*attached*), ask students to write a short story on their creation for a hygiene hero, integrating the SUPER practices for reducing COVID-19 exposure. For example, students can create their hero's backstory, how they got their SUPER powers, and how they got the name they did.

Post the pictures or stories (or both!) on the bulletin board. Given the context of this bulletin board, it might be a good idea to keep this one up year-round depending on how things develop over time. If students remain in the classroom and precautions stay roughly the same, every month a new classroom could do this activity and therefore new pictures and stories are replacing the old ones each month. Refreshing the bulletin board works to ensure that classrooms get a refresher on SUPER throughout the year.

Printable Posters:

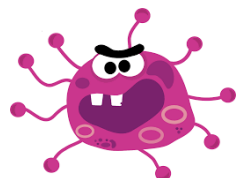
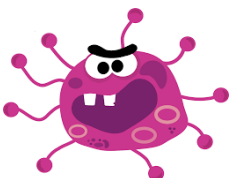
- [If you could see 'em, you'd clean 'em #1](#)
- [If you could see 'em, you'd clean 'em #2](#)
- [Cover your cough](#)
- [Do not enter](#)
- [Healthy distance](#)
- [Personal items](#)
- [Stay safe](#)
- [Wash your hands](#)
- [Wash and sanitize your hands](#)





My Hygiene SUPER Hero's Name is...



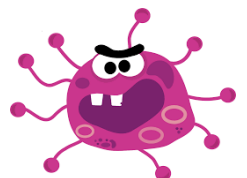
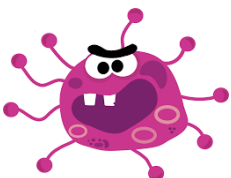




My Hygiene SUPER Hero's Name is...



and this is their story...



S

U

P

E

R

***Soap or Sanitize
your hands.***

**Use your own
*items.***

***Physical
distancing.***

***Elbows for
coughing and
sneezing.***

**Recognize
symptoms.**