

# 10 Things Families Can Do to Prepare for Returning to School

**1 Practice hand hygiene** often throughout the day. Teach kids to sing their ABCs or have them count for at least 20 seconds ensuring they wash front, back, and in-between fingers.



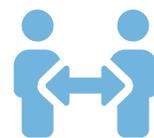
**2 Practice using face coverings.** Your child will be required to wear a mask on the bus and in school buildings. Teach them not to touch the inside of their mask when taking it off.



**3 Make or purchase extra face coverings.** Masks should only be used one time and placed in a small paper bag to dry. Consider making or buying multiple masks to give yourself proper time to sanitize between uses.



**4 Practice social distancing.** Measure 6 feet on the floor and temporarily mark with pieces of paper as a visual for kids.



**5 Purchase a reusable water bottle** that can be brought to school. Water bottle filling stations will be accessible. Water fountains will not be accessible.



**6 Purchase a thermometer.** Check your child's temperature every morning. If 100.4°F or higher, they must stay home until fever free (without the use of medicine). Monitor for COVID symptoms.



**7 Stay home if sick** or exposed to someone who is. Your child may be asked to quarantine for 10 days when ill if they have a positive COVID test or are waiting for a test result and 14 days if they have been in contact with someone with COVID.



**8 Verify your emergency contacts are up to date.** If your child presents with COVID-like symptoms, they will be placed in an isolation room at school and will need to be picked up immediately.



**9 Update your child's immunizations and physical records.** Contact your child's doctor for an appointment. Following their appointment, make sure their records are up to date with their school.



**10 Change aerosolized medication.** Nebulizers and inhalers without a chamber cannot be administered in school. Speak with your child's doctor to obtain the proper equipment and to update their Asthma Action Plan.

