

10 THINGS YOU CAN DO NOW

TO HELP STUDENTS PREPARE TO RETURN TO SCHOOL



1. Practice Hand Washing

Wash hands before and after putting on and taking off a face covering. Teach them to sing their ABCs or have them count for at least 20 seconds ensuring they wash front, back, and in-between their fingers.



6. Purchase a Thermometer

Check your child's temperature every morning. If 100.4 or higher, they must stay home until it has been at least 10 days since COVID-like symptoms first appeared and at least 24 hours with no fever without fever-reducing medication and other symptoms have improved.



2. Practice Putting Face Covering On/Off

Your child will be required to wear a face covering on the bus, upon entering school, and within the hallways. Teach them to not touch the inside or outside of the face covering when taking it off; handle by the loops.



7. Update Immunizations

Medically verified immunizations will be required on or before the first day of school. Contact your child's doctor for an appointment.



3. Make/Purchase Extra Face Coverings

When possible, cloth face coverings should only be used one day, then washed with hot water and detergent. Dry in the dryer on the high heat setting. Consider making or buying multiple face coverings to give you proper time to wash them between uses.



8. Change Asthma Medication

Nebulizers may not be able to be administered in school. Speak with your child's doctor to update your child's asthma plan.



4. Practice Six Feet of Distance

Measure the distance on the floor. Consider laying pieces of paper down so your child can see what six feet apart looks like.



9. Verify/Update Emergency Contacts

If your child presents with COVID-like symptoms, they will be placed in an isolation room and will need to be picked up immediately. Please ensure a contact can be reached at any given time.



5. Purchase Reusable Water Bottles

These can be brought to school, as water fountains may not be in service.



10. Stay Informed

Educate yourself from reliable sources such as the CDC, Washington Department of Health, and your local health department.

