

# 10 things you can do to prepare for returning back to school

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



**6 Update Immunizations and Physical.** Each are required to enroll for the school year. Contact your child's pediatrician for an appointment. Immunizations can also be obtained at the Health Dept.



**2 Practice Putting Mask On/Off.** Your child will be required to wear a mask on the bus, upon entering school, & within the hallways. Teach them to not touch the inside of their mask when taking it off.



**7 Change Aerosolized Medication.** Nebulizers & inhalers without a chamber cannot be administered in school. Speak with your child's pediatrician to obtain the proper equipment & to update the Asthma Action Plan.



**3 Practice 6ft of Distance.** Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual.



**8 Purchase a Reusable Water Bottle** to be brought to school. Water fountains will not be in-service.



**4 Purchase a Thermometer** Check your child's temperature every morning. If 100.4 or higher, they must stay home until fever free (without the use of Tylenol/Motrin). If they develop a fever at school, they will be required to remain out of school for 3 days.



**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 Make/Purchase Extra Masks.** When possible, masks should only be used one time. Consider making or buying multiple masks to give you proper time to wash them between use.



**10 Stay Informed.** Educate yourself from reliable sources such as the CDC, Department of Health, and the Fairfax Public School web-sites.

