

# 10 Things You Can Do To Prepare To Come To School

## Practice Putting Masks/ Face Coverings On and Off-

Face mask etiquette: <https://www.youtube.com/watch?v=1K9Zs16dhRE>

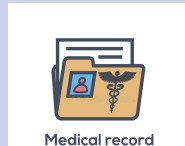


**Practice Hand Hygiene-** Handwashing is very important if done the right way. <https://www.youtube.com/watch?v=Cw4h-4WEpHg>

Hand Sanitizer: <https://www.youtube.com/watch?v=YylsSJxHJdQ>



**Update Physicals and Immunizations-** continue with well visits



**Practice Social Distancing-** keep 6 feet apart- length of a mattress <https://www.youtube.com/watch?v=OesXL3I6M4s>



**Symptoms-** Stay home if you are sick- No Exceptions. Call the school nurse to report an illness. [https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf?fbclid=IwAR3I\\_r80Zn9M-PEIbhpNI8n4-lw35s0Blz3rVouGVSnp55ISHrTEr3C1qg](https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-symptoms.pdf?fbclid=IwAR3I_r80Zn9M-PEIbhpNI8n4-lw35s0Blz3rVouGVSnp55ISHrTEr3C1qg)



**Purchase Reusable Water Bottle-** water bubblers will be off



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**Purchase Thermometer-** check temperature every morning. If temperature is 99.5 or higher you must stay home and contact the school nurse



**Purchase Extra Masks-** have multiple masks, wash daily, change daily



**Verify and Update Emergency Contacts-** If you present with COVID – 19 like symptoms, student/ faculty will be placed in an isolation room and will need to be picked up immediately



**Stay Informed-** educate yourself with reliable sources like: <https://www.cdc.gov/coronavirus/2019-ncov/index.html> , <https://www.mass.gov/info-details/covid-19-updates-and-information> , <https://www.mass.gov/orgs/department-of-public-health>

**STAY INFORMED**

# COVID-19 Travel Order

- Effective August 1, 2020, all visitors and returning residents entering Massachusetts must follow new travel orders. The Commonwealth has made great progress to slow the spread of COVID-19 and gradually open the economy, and all visitors have a responsibility to help us keep transmission rates as low as possible.
- Please find more information, including the list of lower-risk states, exemptions, business guidance and other details at <https://www.mass.gov/info-details/covid-19-travel-order>



# Summary

- Video about COVID- 19 and what you can do to stay safe:  
<https://www.youtube.com/watch?v=DCdxsnRF1Fk>
- Communication between home and school will be important
- We look forward to seeing students and faculty in the fall
- If you would like to discuss any medical, physical or emotional health concerns, please contact the school nurse at:

617-254-8383 x 1232 or email

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