

# 10 Things You Can Do to Prepare for School:



**KEEFE**  
REGIONAL TECHNICAL SCHOOL  
EST. 1967



**1 Practice Hand Hygiene** often throughout the day. Wash your hands for at least 20 seconds ensuring you wash all surfaces of your hands.



**2 Practice Wearing a Mask.** Your child will be required to wear a mask on the bus and throughout the school day. Masks breaks will be offered during the day when students can maintain proper social distancing. Practice putting on and taking off your mask the right way. See the CDC instructions for mask use/care.



**3 Practice 6ft of Distance.** Measure out the distance so you have an idea of what sufficient social distancing looks like.



**4 Purchase a Thermometer** Check your child's temperature as needed. If it is 100 or higher, they must stay home until fever free for 24 hours (without the use of Tylenol/Motrin). If they develop a fever at school, they must be picked up immediately. Know the signs/symptoms of COVID-19 so you know when to keep your child home and when to seek medical care. You will screen your child daily for symptoms before sending them to school.



**5 Make/Purchase Extra Masks.** All students should have 1-2 backup masks in their backpacks in the event that their mask becomes soiled. Consider making or buying multiple masks to give you proper time to wash them between use; masks should be washed daily.



**6 Records & Physicals.** Complete immunization records and current physicals are required. Contact your child's pediatrician to schedule an updated, yearly physical.



**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.



**8 Purchase a Reusable Water Bottle** to be brought to school. Water fountains will not be in service; we will have water fill stations.



**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.



**10 Stay Informed.** Educate yourself from reliable sources such as the CDC, Massachusetts Department of Public Health, and the World Health Organization. Check out our school website for updated news, plans, and policies.

