



# 10 Things You Can Do To Prepare Your Student for Returning Back To School

## Practice good hand hygiene

**1** Parents and caretakers play an important role in teaching children to wash their hands. Teach them to sing their ABCs or have them count for at least 20 seconds ensuring they wash front, back, & in-between their fingers. Make hand-washing part of your routine and do it often throughout the day.



## Update immunizations & physicals

**6** Updated immunizations are required for school. All new students and sixth graders also require a physical exam on file. Contact your healthcare provider for an appointment. Immunizations can also be obtained at the Health Dept.



## Practice wearing face covering

**2** Your child will be required to wear a face covering at school. Practice increasing the time they are wearing a mask daily leading up to start of school. Teach them to not touch the inside of their mask when taking it off.



## Update aerosolized medication

**7** Inhalers with a chamber are preferred over nebulizers for administering at school. Speak with your child's healthcare provider to obtain the proper equipment and to update your child's Asthma Action Plan.



## Practice 6ft of distance

**3** Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual reference.



## Purchase reusable water bottle

**8** Water fountains may not be readily available and limited to only the water bottle filling feature. Make sure your child has a reusable water bottle to bring to school, and instruct them not to share it with others. Water bottles and caps should be taken home daily and washed.



## Purchase a thermometer

**4** Check your child's temperature every morning. If it is 100 or higher, they must stay home until 48 hours fever free (without the use of fever reducing medicine). If they develop a fever at school, refer to the COVID flowsheet and return to campus document.



## Verify/update emergency contacts

**9** 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 and emergency contacts are updated.



*\*Don't forget to sign up for Kinsa's free smart thermometer waitlist by texting FLUENCYSCHOOL to 900900*

## Stay informed

**10** Educate yourself with up-to-date information on COVID-19 from reliable sources such as the CDC, Arizona Department of Health Services, Pima County Health Department and our school website.



## Make/purchase extra masks

**5** When possible, masks should only be used one time. Consider making or buying multiple masks to give you proper time to wash them between uses. SMS will provide 2 masks per student; additional masks will be available for purchase.



For any questions or concerns, please contact Nurse Huff at 722-8478 x219 or email at [ehuff@stmichael.net](mailto:ehuff@stmichael.net)