



10 Things Parents Can Do to Prepare Your Child to Return 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 fingers.



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.



2

Practice Putting Mask On/Off.

Your child will be required to wear a mask throughout the whole day except when eating or outside. Teach them not to touch their mask at any time, and when taking it off (only the ear loops).



6

Update Immunizations & Physical Exam.

Mandated grades include PreK, K, 6th, 9th, and 12th. Contact your child's pediatrician for an appointment. Immunizations can also be obtained at the Health Dept.



7

Change Aerosolized Medication.

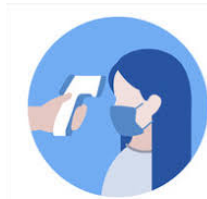
Nebulizers & inhalers without a chamber cannot be administered in school. Speak with your child's pediatrician to obtain the proper equipment & to update the Asthma Action Plan.



3

Practice 6 feet of Distance.

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



8

Purchase 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

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 will be sent home.



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, IL Department of Public Health, McLean County Health Department and the Unit 5 district website.

