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.

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).

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

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.

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.

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.

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

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.