

10 THINGS PARENTS & GUARDIANS CAN DO BEFORE SCHOOL REOPENS



1. Practice Hand Hygiene

Place soap on your hands. Rub soap on front, back and in between fingers, for 20-40 seconds. Sing a song like “ABCs” or “Happy Birthday” while you are scrubbing or count to 20. Then under running water, rinse the soap off of your hands, rubbing your hands together with friction until hands are clean.

2. Make or Collect Extra Cloth Facial Coverings

Each student will be required to wear a cloth facial covering each day both on the bus and at school. Cloth facial coverings should be worn once and then washed. Consider having extras to ensure each student has enough masks to be able to wear a clean one each school day depending on your ability to wash masks thoroughly in between uses. Sharing cloth facial coverings between people, even in the same family, is not advised.



3. Practice Wearing Cloth Facial Coverings



Practicing the proper way to wear facial coverings is helpful. Clean your hands before you start. Inspect your clean cloth facial covering - if damaged or dirty do not wear it. Place on your face, covering nose, mouth and chin, ensuring there are no gaps. To avoid contamination, do not touch your facial covering while wearing it, and wash your hands if you touch it by accident. To remove the covering, use the loops from behind your ears and do not touch the front of the covering. Clean your hands once again.



4. Practice Social Distancing

Measure 6 feet out on the floor using any variety of household items such as pieces of paper, books, scarves, legos, etc. Creating a visual for your students to see what six feet apart looks like helps them learn the physical distance they should keep between themselves and others. Talk to your students about WHY social distancing is important (because people may be infected and not know it.)



5. Purchase a Thermometer



It will be helpful to your family to have a thermometer in your home. Student temperatures will be taken daily prior to school entry. Taking your temperature at home before leaving for school or work is a good idea. Normal temperatures range from 97.3 to 99.0. Temperatures of 99.0 to 100 are considered mild fevers and usually indicate sickness of some kind. Anyone with a fever of 100.4 degrees that lasts more than 24 hours might have COVID-19. Those with a fever should stay home and call their primary care provider. Thermometers can be purchased in almost every pharmacy drug store.

6. Purchase Reusable Water Bottle

To prevent the spread of germs, water fountains will not be in service for individual drinking use. Please supply a reusable, dishwasher safe water bottle, labeled with your child's name, for your child to keep and use at school. School staff will fill the water bottles daily before school begins. Water Bottles will be washed daily using school kitchen dishwashing machines.



7. Update Immunizations & Annual Well Child Visit Records



Contact your primary care provider to make an appointment for your child's annual well-child visit and ensure that all immunizations are up to date. If students are missing immunizations and are on a catch up schedule or have an exemption, please complete the proper Vermont Department of Health forms for provisional admittance or immunization exemptions prior to the first day of school.

8. Update Asthma and Allergy Action Plans

If your child has an asthma or allergy action plan, please contact your medical doctors specific to these conditions and request an updated plan be faxed to school. Also be sure asthma inhalers and/or Epinephrine Pens are up to date and not expired. It is smart to ask your provider for an extra inhaler or epipen prescription so you have one stocked at school and one stocked at home. Please be sure a parent/guardian contacts the school nurse to make an appointment to bring these items to school prior to the first day.



9. Update Student Information including Emergency Contact Info



Please ensure that a contact can be reached at any given time by providing up to date Emergency Contact Information not only for yourself as the parent/guardian, but also list a person who can pick your student up in your absence. If your child presents with COVID-like symptoms or becomes ill at school, they will be placed in an isolation area and will have to go home immediately. It is vital we have the correct phone numbers to reach emergency contacts. No student likes feeling ill at school and successful contact with their loved ones creates comfort, making the process easier on the student.

10. Stay Informed by Professional Sources

Health information about COVID-19 is all over the place, but that does not mean all the information out there is correct or from verified sources. Try to stay the most up to date on COVID-19 by reading information from trusted professional sources such as The World Health Organization, The Center for Disease Control, and the Vermont Department of Health. Look for facts and scientific evidence in what you read and only share information if it is from a valid professional source. If you have

questions, ask your school nurse and if they do not know the answer they help research it using these sources. Being informed is always best when it comes to health.

