1. Practice Hand Hygiene often throughout the day. Teach children to sing their ABCs or have them count for at least 20 seconds ensuring they wash front, back, & in-between their fingers.

2. Practice Putting Mask On/Off. Your child will be expected to wear a mask at school. Have them practice for short periods every day.

3. Practice 6ft 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 100.0 or higher, they must stay home until fever free (without the use of Tylenol/Motrin).

5. Make/Purchase Extra Masks. When possible, masks should only be used one time before washing. Have extras on hand.

6. Update Immunizations/Physical. Each should be updated for the school year. Contact your child’s pediatrician for an appointment.

7. Change Aerosolized Medication. 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 need to be picked up immediately. Please ensure a contact can be reached at any given time.

10. Stay Informed. Follow reliable sources such as the CDC, NH DHHS, and the WSD website.

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