

# Back-to-School CHECKLIST FOR PARENTS

Back-to-school planning will look different this year. The following tips from the Centers for Disease Control and Prevention (CDC) can help ensure a smooth transition for the new school year.

## ○ DO NOT SEND KIDS TO SCHOOL SICK

Parents should develop a daily routine to check their child for fever or other symptoms. If your child is experiencing signs of illness, such as a persistent cough, severe headache or body aches, do not send them to school. If your child has a temperature of 100.4 degrees or higher, they should not go to school.

If your child is sick, contact your primary care provider to determine the best course of action.

## ○ PACK SANITIZER

Your child should have a 60% or higher alcohol-based hand sanitizer, which kills most types of bacteria, viruses and fungi. Use sanitizer before and after eating, sneezing, coughing, riding the bus and adjusting a face cover.

## ○ TALK ABOUT PRECAUTIONS

Talk to your child about the following health and safety measures:

- Washing and sanitizing their hands more often
- Keeping a physical distance from other students
- Wearing a cloth face covering
- Avoiding sharing objects with other students, including water bottles, devices, writing utensils and books
- Telling an adult they do not feel well

## ○ HAVE A BACK-FROM-SCHOOL POLICY

When your child returns home each day after school, have a system in place for them to sanitize before entering the home to limit the risk of household exposure of COVID-19 and other diseases.

## ○ UPDATE CONTACT INFORMATION

Ensure your information is current at school, including emergency contacts and individuals authorized to pick up your child from school.

## ○ HAVE KIDS BRING THEIR SCHOOL SUPPLIES

If possible, your child should bring their school supplies to school to prevent the spread of COVID-19 and other viruses. You also might consider packing a water bottle for your child.

## ○ PRACTICE HANDWASHING AT HOME

Review and practice proper handwashing techniques at home to prepare your child for school. Be sure to explain the importance of handwashing as a preventive measure against illnesses to your child.

## ○ ANTICIPATE BEHAVIOR CHANGES

Watch for behavioral changes, such as excessive crying or irritation, worry or sadness, unhealthy eating or sleeping habits, and difficulty concentrating, which may be signs that your child is struggling with stress and anxiety.

## ○ STAY POSITIVE

This school year will look different. Adjust expectations for the classroom with flexibility and patience. Your child may need more time to adjust to their new learning environment, and maintaining an optimistic attitude can help them feel more at ease with their new circumstances.