

## COVID-19 Back to School Safety Tips

We need everyone's help to keep our children and families safe. Many have asked, "What can we do at home?"

### The 3 W's:

- WEAR a mask
  - ◆ It is important that students have several masks that fit their face snug/no gaps, cover the nose and mouth, don't fall down, and do not have valves.
  - ◆ Wear a mask when you are within 6 feet of others, even if you are outside.
  - ◆ Don't forget to wear a mask if carpooling or walking within 6 feet of others.
  
- WASH your hands
  - ◆ Wash your hands often, but especially before and after eating or using the restroom, after playing outside, and before putting on a mask or taking it off.
  - ◆ Use hand sanitizer if you don't have access to soap and water.
  - ◆ Remember to scrub your hands for at least 20 seconds.
  
- WATCH for symptoms
  - ◆ Check for symptoms of COVID-19 everyday.
  - ◆ Watch for fever, chills, cough, difficulty breathing, loss of taste/smell, headache, body aches, congestion, runny nose, nausea, diarrhea, vomiting, sore throat, fatigue.
  - ◆ Stay home if you have any of the above signs/symptoms of illness.

### The 3 C's:

- CONTACTS
  - ◆ Limit the number of people you/your student are in contact with.
  - ◆ Establish a small, static group of people for your student to interact with (cohort).
  - ◆ Sleepovers, indoor parties, and gatherings with people outside of your cohort should be avoided.
  
- CHOICES
  - ◆ Make choices that keep you safe like social distancing, wearing a mask, cohorting, and hand washing.
  - ◆ Think about any activity before engaging. Avoid large gatherings, outdoor activities are better as long as social distance is maintained. Avoid activities that require close/face to face interaction.
  - ◆ Upon arriving home wash your hands immediately. Consider changing clothes, showering, leaving shoes outside.
  
- CROWDS
  - ◆ Avoid crowds/large gatherings.
  - ◆ Stay at least 6 feet apart from others.
  - ◆ Be aware of and avoid any unnecessary exposure opportunities. Avoid places where people are not wearing masks and social distancing.