



10 things you can do to prepare for returning back to school

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 their fingers.



6 Update Immunizations These may be required for the school year. Contact your child's pediatrician for an appointment. Immunizations can also be obtained at the Health Dept.



2 Practice Putting Mask On/Off. Your child will be required to wear a mask on the bus, upon entering school, & within the hallways. Teach them to not touch the inside of their mask when taking it off.



7 Update Medication Orders and Health Plans If your student requires medication or a Health Plan at school, please contact their medical provider to get this year's orders.



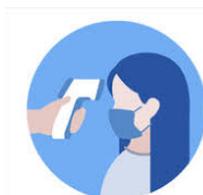
3 Practice 6ft of Distance. Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual.



8 Purchase Reusable Water Bottle Staying hydrated is important. Having a personal, labeled bottle will be more convenient and reduce the spread of germs.



4 Purchase a Thermometer Check your child's temperature every morning. If 100.4 or higher, they must stay home until fever free (without the use of Tylenol/Motrin). If they develop a fever at school, they will be required to remain out of school for 3 days.



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.



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.



10 Stay Informed. Educate yourself from reliable sources such as the CDC, Washington State Department of Health, and the Okanogan County Public Health websites.

