

COVID GUIDELINES

Everyone 12 and older is eligible to get the vaccine against Covid-19

Encouraging COVID-19 vaccination

Everyone 12 and older is eligible to get the vaccine against Covid-19 so get your children vaccinated.

Wearing face masks

- Provide your child with a clean mask and a backup mask each day. Consider giving your child a clean, resealable bag to store the mask during lunch.
- Label your child's mask so it's not confused with other children's masks. Tell your child to never wear another child's used mask.

Proper Ventilation

Hand Washing

Schools and parents should encourage students to frequently wash their hands with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol. Children should cover their mouths and noses with an elbow or a tissue when coughing or sneezing. Children also should avoid touching their eyes, noses and mouths. To ensure thorough hand washing, kids can be taught to keep washing their hands until they have sung the entire "Happy Birthday" song twice (about 20 seconds).

Staying home when sick and getting tested

Students who have symptoms of an infectious illness should stay home from school and get tested for COVID-19. Possible symptoms of COVID-19 in children include:

- Fever
- Cough that becomes productive
- Chest pain
- New loss of taste or smell
- Changes in the skin, such as discolored areas on the feet and hands
- Sore throat
- Nausea, vomiting, belly pain or diarrhea
- Chills
- Muscle aches and pain
- Extreme fatigue
- New severe headache
- New nasal congestion

Everyone with COVID-19 should stay home and isolate from others for at least five full days.

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Contact Tracing

Contact tracing is the process of identifying people who may have been exposed to someone with COVID-19. During an outbreak, contact tracing to help students and staff know when to stay home can help prevent the spread of COVID-19. Strategies such as improving ventilation or wearing a well-fitting mask also can help prevent further spread.

Cleaning and Disinfecting

Cleaning once a day is usually enough to lower the risk of germs spreading from surfaces in schools.

What to do if your child gets COVID-19

Even if your family and your child's school carefully follow these prevention strategies, it's still possible for your child to get COVID-19. If your child tests positive for COVID-19:

- Keep your child home from school and away from others, except to get medical care.
- Focus on relieving your child's symptoms. This might include rest, plenty of fluids and use of pain relievers.
- Contact your child's school. Make sure you understand the school's policy on when your child can return to school.
- Consider picking one person in your family to care for your sick child. Have that caregiver be with your child and separated from others in your home.
- Call the health care provider if your child gets sicker.