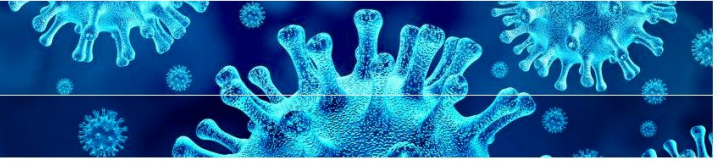




COVID-19 Information

Office of Health Services 443-809-6368



COVID 19: Health Tips for Elementary Students

Prepare for the School Day

- Conduct daily health screening ([Daily Home Screening for Students](#)) to determine if your child can go to school. ([Can My Child Go to School Today](#))
- If your child is ill, keep them home and contact the school nurse.
- Update emergency contacts and individuals authorized to pick up your child from school.

Model and Practice Good Hand Washing

- Wash before leaving and immediately upon returning home.
- Wash before and after eating, after sneezing, coughing, touching face, or using bathroom.
- Wash for 20 seconds; include between fingers, around thumbs, fingernails, and wrists.
- Make it fun! Sing the Happy Birthday song twice or the ABC song.

Promote Face Coverings

- Supply child with clean, properly fitting face covering each day. ([Face Coverings FAQ](#))
- Allow your child to pick out a face covering they like.
- Label face coverings using permanent marker.
- [Practice putting on and wearing face covering properly.](#)
- Put face covering on a favorite stuffed animal or doll.
- Explain that some may not be able to wear a face covering for medical reasons.
- Consider supplying an extra face covering and bag to store face covering during lunch.
- Designate area in home to place used face coverings; [wash them daily.](#)

Encourage Discussions

- Talk about how school may look different- face coverings, distancing, desk spacing, lunch, traveling in hallways.
- Be open and honest.
- Ask your child how they are feeling and let them know their feelings are normal.
- Monitor for stress and anxiety - excessive crying, irritability, worrying, sadness, sleep or eating habit changes.

Practice Healthy Habits

- Continue routine physical, dental, and eye exams.
- Ensure immunizations are up to date, include flu vaccine.
- Continue medications as prescribed or recommended by physician.
- Encourage good hygiene practices.
- Do not touch face, mouth, eyes, or nose.
- Sneeze/cough into elbow, not hands.
- Encourage adequate sleep, healthy eating, and adequate water intake.
- Incorporate stress breaks into daily routines (deep breathing, exercise, outdoor play, quiet breaks).
- Stay socially connected (maintain a social distance, consider outside activities, keep to small groups, virtual visits).
- Stay up to date with [local health department](#) and [CDC](#) recommendations.

This document is subject to change as guidance, recommendations and school reopening plans are updated.
10/2020