

10 Things Parents can do NOW to prepare for your child's return to school!

1

Practice Hand Hygiene

Teach your child to sing the ABC's or count for at least 20 seconds, ensuring that they wash front, back, and in-between their fingers.



6

Make/Purchase Extra Masks

Masks should only be used for one wearing. Consider making or buying multiple masks to give you time to wash them between use.



2

Practice 6 feet of Distance

Measure the distance on the floor with a tape measure. Consider temporarily laying pieces of paper down for a visual. Practice estimating what is 6 feet away from where children are standing.



7

Purchase a Thermometer

Purchase a Thermometer! Check your child's temperature every morning. If 100.0 or higher, they must stay home until fever free for 24 hours without the use of Tylenol or Motrin. If they develop a fever at school, they will be required to remain out of school until at least 24 hours fever free or longer.



3

Practice Wearing Masks

Your child will be required to wear a mask at all times. Practice wearing it, putting on and taking off. Do not touch front of face mask ever. Use ear loops to put on and take off.



8

Update Immunizations & Physical Exams

Contact your child's healthcare provider for an appointment. Immunizations can also be obtained through the Health Dept.



4

Purchase a Reusable Water Bottle

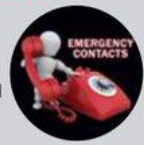
Your child should bring a reusable water bottle in to school. Water fountains will not be in service.



9

Verify & Update Emergency Contacts

This can be done in your Genesis Parent Portal. If your child presents with COVID-like symptoms, they will be placed in an isolation room & will need to be picked up immediately. Please ensure a contact can be reached at any given time.



5

Change Aerosolized Medication

Nebulized medications cannot be administered in school. Speak with your child's pediatrician to obtain the proper equipment and medication, and to update the Asthma Action Plan.



10

Stay Informed

Educate yourself from reliable sources such as the [CDC \(cdc.gov\)](https://www.cdc.gov) and the [New Jersey Department of Health \(nj.gov/health\)](https://www.nj.gov/health) websites.

