

SCHOOL DAY STARTER

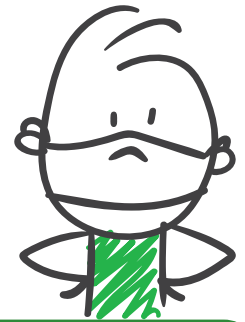
Before you go...

Take a minute each morning to check in with your child – it's our best defense against keeping COVID-19 out of our schools! Start by asking if they're feeling any of these symptoms:



- ? Temperature greater than 100.0°F
- ? Cough
- ? Chills
- ? Repeated shaking with chills
- ? Shortness of breath or difficulty breathing
- ? Fatigue
- ? Muscle pain or body aches

- ? Headache
- ? New loss of taste or smell
- ? Sore throat
- ? Congestion or runny nose
- ? Nausea
- ? Vomiting
- ? Diarrhea



If the answer is "yes" to any of these:

STOP

- ✓ Your child should stay home from school.
- ✓ Report your child's absence by calling



Keep them home from extracurricular activities (play dates, athletics, social engagements, etc.)

Submit your child's health screening...

All "no" answers?

GO

Time to go to school!

Be sure your child brings:

- ✓ a clean mask
- ✓ a water bottle

Remind your child to:

- ✓ wear their face mask during the school day according to the school's policy
- ✓ avoid sharing items or food with friends
- ✓ wash their hands during the day with soap/water or use hand sanitizer:
 - before and after eating
 - after going to the restroom
 - after using a tissue
 - before and after using shared materials
 - before and after putting on/taking off face masks
 - after coming in from outdoors
 - any time their hands look dirty

