

THINGS PARENTS CAN DO TO KEEP THEIR CHILD AND SCHOOL SAFE FROM COVID-19

Are you doing everything you can do to help your school stay safe during the pandemic?

CHECKLIST

- As a parent, do you feel you are being a role model and wearing a mask when in public?
- Are you talking with your child about the importance of following virus safety precautions?
- Do you ensure your child is wearing a clean mask to school daily?
- Does your child wear his/her mask properly?
- Are you and your child staying 6 feet away from others when in public?
- Are you taking your child in public unnecessarily, grocery stores, restaurants, or theatre?
- When exposed to someone who has contracted the virus, are you following guidelines?
- Will you contact those you have associated with recently if quarantined?
- Are you taking your child's temperature before allowing them to go to school daily?
- Do you have your child wash their hands prior to and after school?
- Do you encourage regular hand-washing with soap at home?
- Do you use disinfectant spray on backpacks, school books and other items?
- Are you limiting family gatherings to stop the spread of the virus?
- Have you spoke to your child's teacher/Principal to see if there is anything they need?
- Are you aware of what the symptoms are of COVID-19?
- Is your family prepared if you have to be quarantined for 14 days?
- Do you use disinfectants to sanitize door knobs, remotes, countertops in your home?
- Is your child taking a daily multi-vitamin?
- Have you created a family plan if someone gets ill in the family?
- How are you supporting your school during this difficult time?
- Do you and your child keep hand sanitizer with you when you are away from home?
- Are you allowing your child to interact with others in your neighborhood, go to sleep-overs, birthday parties, etc.?