

# PLANNING FOR FAMILIES IN-PERSON CLASSES

As families get ready for the 2020-2021 school year, here are some things you can do to help your student's health during this extraordinary time!

## School Contact for Reporting Sick Students

Name:

Phone:

Email:



## Contact for Health Care Provider and Testing

Name:

Phone:

Health System:



**Check your student for signs of illness - if any are present, stay home & contact provider**



**Things to think about when sending your student for in-person classes, including daily routines & services received at school**

- Do they have any of these common COVID symptoms - fever (100.4 or higher), cough, trouble breathing, new loss of sense of taste or smell
- Do they have 2 or more of the following - sore throat, chills, runny nose or nasal congestion, fatigue, muscle/body aches, nausea, vomiting, or diarrhea
- Have they been in contact with someone who has been sick?

- Limit your student's in-person contacts while not at school if unable to keep safe spacing
- Talk to your school about their plans for physical activity & education, alerting about possible exposures or closures
- Talk with school regarding specialized learning plans (IEPs), or in-school services (speech therapy, mental health counseling)
- Ask about school plans to ensure students are following practices to reduce the spread of illness & reinforce those practices at home
- Consider packing a water bottle if access is limited (ex. fountain closed) or in a common area
- Transport as safe as possible, including bus or carpooling
- Make sure that your emergency contact and vaccination information is up to date

**Things to practice at home with your family**



- Practice good hand washing - especially before & after sneezing, eating, coughing, & using bathroom
- Make a routine before & after school - check for sanitizer & tissues, replace & pack an extra face covering
- Develop plan to protect family members at higher risk

**Wearing face coverings in school**



- Decide if your student can wear one safely & explain why others can not
- Have multiple cloth face coverings that fit snugly, cover nose & mouth, tie or have ear loops, easy to breathe through, can be washed/dried easily
- Put your student's name on face covering to avoid mixing with others
- Practice putting it on & off and how to store safely when not wearing it
- Model wearing face coverings & explain importance to protect others

**Keeping your student happy & healthy**



- Talk about how school will look different in class, hallway or at lunch
- Anticipate behavior changes - crying, worry, & trouble concentrating or sleeping due to stress or anxiety
- Attend school meetings or activities virtually to stay up-to-date
- Check options available to support those who need extra help adjusting to the changes this year
- Be a role model in self-care, exercise, eat well, stay connected, & get sleep