



# 10 Things You Can Do to Prepare for Back to School

1

### Practice Hand Hygiene

Practice often throughout the day. Teach children to sing their ABCs or have them count for at least 20 seconds. Ensure they wash the front & back of hands, including in between fingers.



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### Update Emergency Contacts

If your child presents with COVID-like symptoms, they will be placed in an isolation room and will need to be picked up immediately. Please ensure a contact can be reached at all times.



2

### Practice Putting Mask On/Off

Your child will be required to wear a mask on the bus & in school. Mask breaks will be provided. Teach them to not touch the inside of their mask when taking it off.



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### Change Aerosolized Medication

Nebulizers & inhalers without a chamber cannot be administered in school. Speak with your child's pediatrician to obtain the proper equipment & to update the Asthma Action Plan.



3

### Practice 6ft of Distance

Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual



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### Purchase a Reusable Water Bottle

Bring to school filled with fresh water every day. Water fountains will not be in service.



4

### Purchase a Thermometer

Check your child's temperature every morning. If 100 or higher, they must stay home until fever free (without the use of fever-reducing medication).

If they develop a fever at school, they will be required to remain home per current CDC/DPH guidelines.



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### Update Immunizations/Physical

Both are required by MA Dept of Public Health to enroll for the school year. Contact your child's pediatrician for an appointment.

Immunizations may also be obtained at Cambridge Health Alliance (617-665-1000) or Charles River Community Health (781-693-3800).



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### Make/Purchase Extra Masks

Consider making or buying multiple properly fitting masks to give enough time to wash in between use.



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### Stay Informed

Educate yourself from reliable sources such as the CDC, MA Department of Public Health, and [www.healthychildren.org](http://www.healthychildren.org)

