

HERE'S TO HEALTH

Preparing your Children

1. **TALK TO YOUR KIDS** about COVID-19. [Click here](#) for helpful tools to start the conversation.
2. **STAY HOME IF** they are feeling sick or showing any symptoms for COVID-19 or if they've had close contact with someone who has tested positive for COVID-19.
3. **PRACTICE HAND HYGIENE** and respiratory etiquette at home to ensure this is followed at school. Wash hands for 20 seconds (while singing the ABC's!), cover coughs and sneezes with a tissue.
4. **FIND COMFORTABLE FACE COVERING** for children and focus on those with patterns kids will look forward to wearing. Lead by example.
5. **EDUCATE YOUR KIDS** on appropriate social distancing.
6. If feasible, **PACK YOUR CHILDREN'S LUNCHES** and consider using disposable utensils.
7. **CONSIDER THE IMPACT** the COVID-19 pandemic may have on your family's mental wellbeing.

Many families are wondering what the upcoming school year will look like. Given the latest American Academy of Pediatrics (AAP) advice, which says children learn best when they are in school, families should begin preparing for a return to traditional school environments.



RETURN TO SCHOOL EDITION



What do I need to know?

- How can parents support school safety efforts, including through parent-teacher committees or other networks?
- Will any of the school's safeguarding and bullying policies change once schools start to re-open?
- How will the school refer children who may need referrals for specialized support?
- How will the school support the mental health of students and combat any stigma against people who have been sick?
- What steps has the school taken to help ensure safety of students?