

BACK TO SCHOOL HEALTH RECOMMENDATIONS

1 Hand Washing

Regular hand washing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. For younger students, practice at home by counting to 20 seconds (sing "Happy Birthday" or the ABC song twice) while scrubbing between fingers and the front and back of hands.



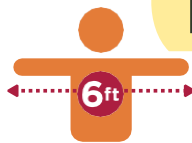
2 Masks

Your child will need to wear a mask at school that covers the mouth and nose. (A face shield is not a mask.) It is helpful to work with them at home on proper mask wearing. Cloth masks should be washed daily, so consider making or buying multiple masks to allow time to wash between use.



3 6 Feet Social Distancing

We will encourage practicing 6 feet of social distancing at school. Help your child at home by measuring this distance and practicing social distancing at home.



4 Daily Temperature Check

Check your child's temperature every morning. If it is 99.0 degrees F or higher, your child must stay home. Call the school to notify about the absence. A child with a fever at school will be sent home. Parent must pick the student up within 30 minutes.



5 Immunizations

Kansas law requires that your child is up to date on their required vaccines in order to attend school. If you are not sure if your child is up to date, contact your child's pediatrician or school nurse.



6 Health Concerns

If your child has any health concerns, please let your school nurse know before the first day of school. It is important to discuss how the nurse and other adults can support your child at school.



7 Change Aerosolized Medication

According to the CDC, nebulizers should not be administered in school at this time. Inhalers may be used. Speak with your child's physician to obtain the proper medication to have at school. An updated Asthma Action Plan and a signed 2020-2021 Request for Medication Administration or Treatment Form must be on file with the school nurse.



8 Purchase a Reusable Water Bottle

Your child should bring a reusable water bottle to school. Water fountains will not be available. Hydration is important and will be encouraged.



9 Verify/Update Emergency

Contacts If your child presents with COVID-like symptoms while at school, he or she will be placed in an isolation room and will need to be picked up immediately.



10 Symptoms to Look For

Please do NOT send a child to school who exhibits one or more signs of COVID-19, including, but not limited to:

- 99.0 degrees F or higher
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Sore throat
- Chills
- Muscle or body aches
- Headache
- New loss of taste/smell
- Diarrhea
- Nausea or Vomiting
- Nasal Congestion/Runny Nose



Students who have any of the above symptoms cannot attend school without documentation of a current negative COVID test. If they do not receive a test, they may return to school after ten (10) calendar days have passed since symptoms first appeared and they have been fever-free for 72 hours without the use of fever-reducing medication. This follows Wyandotte County Health Department Return to School guidelines.

Medications

Please make sure you are familiar with the district medication policy. A new Medication Authorization or Treatment Form must be signed **every year** and **must be on file with the school nurse**. If medications are needed while at school, please contact your school nurse to discuss the medication and to set up an appointment time for drop-off. The Request for Medication Administration and Treatment Form may be found on the district homepage under Health Services or can be obtained from the school nurse.