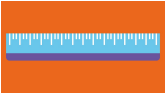


10 THINGS YOU CAN DO TO PREPARE FOR THE SCHOOL YEAR

<p>1 Practice hand hygiene often throughout the day. Teach your kids to sing or count for 20 seconds, ensuring they wash the front, back & in-between their fingers</p> 	<p>6 Update immunizations and physicals. Provide your school with the necessary forms. Contact your child's pediatrician if an exam or immunization is still needed.</p> 
<p>2 Help your child practice putting their mask on and off. Your child will be required to wear a mask at school. Teach them how to properly put on & remove their mask. Practice together! Also, have a second mask in a zip lock bag.</p> 	<p>7 Update medications and medical plans. If your child takes medication at school, obtain updated health forms from your doctor. For students needing inhalers, make sure their inhaler is not expired and is complete with a chamber.</p> 
<p>3 Practice physical distancing together. Measure a 6 ft distance on the floor. Consider playing guessing games to help solidify your child's understanding of distancing.</p> 	<p>8 Purchase a Reusable Water Bottle with a Straw (flip top are best, not required) for your child to bring to school. Water fountains will not be in service.</p> 
<p>4 Take Temperatures & Self-Certify Daily. If your child's temperature is 100.4 or higher, they must stay home. Make sure you have the health office phone number in your contacts and call the nurse if your student is sick or not feeling well or if you answer "yes" to any self-certification questions.</p> 	<p>9 Verify/Update Emergency Contact. If your child becomes sick during the school day, they may be placed in an isolation room and require prompt pick up from school. Please ensure you or a contact can always be reached & have a plan.</p> 
<p>5 Purchase extra masks and label them. Students should wear a clean mask to school and bring an extra mask to school with them. Masks should be washed daily.</p> 	<p>10 Stay Informed! Use reliable sources such as the CDC and the IL Dept of Public Health. Be on the lookout for emails from District 30 & reference the D30 Phased Operations Page to keep you up to date on the latest information about returning to school.</p> 