



HEALTHY RESTART PLAYBOOK

The ABCDs of COVID-19

We all produce droplets when we speak, cough, or sneeze. Even if you don't feel sick, if you have the virus, it is spread as these microscopic particles fly through the air. Slowing the spread of these droplets is the basic rule behind all our safety precautions, starting with rule number one: if your child feels sick, keep them home.

Educators

Families

Students

Always Wear a Mask

A mask covers the mouth and nose, where the droplets that spread COVID-19 are made. Children can have COVID-19 and spread the illness even when they don't feel sick. If your child sees you wear a mask, they will pick up on that and wear one, too. This also will make it easier for your child, as they will be used to wearing a mask when they go back to school. When you talk to your children about wearing a mask, let them know that wearing a mask is a way to take care of others, because if we all wear a mask, we can slow the spread in the community.

Be Aware of Illness Symptoms

Before your child leaves the house, check for fever and any COVID-19 symptoms. 100.0°F or over without any medicines is the cutoff for fevers. Keep your child home if they are having a fever or COVID-19 symptoms. Talk with your child so they know that you want them to let teachers know if they are not feeling well at school. Have a plan for what to do if you need to pick a child up during the day.

Clean Your Hands and Your Space

Teach good handwashing at home by washing hands together or talking about it with older children. Soap and water for twenty seconds or two choruses of "Happy Birthday," or a hand sanitizer with at least 60% alcohol are recommended. Talk with your child about being safe and not sharing items with other children right now.

Distance Physically, But Not Socially

Stay 6 feet apart as much as possible. Physical closeness increases exposure. Children can keep up with friends by phone or email, with adult supervision. This can be a stressful time for children. You may have family or friends with COVID-19. You may have family or friends who have lost their jobs recently. Be honest and share information in a way they can understand. Tell your child that it's okay to be sad, mad, or worried. It can be hard for grown-ups to hear about stress that children are feeling because we don't have all the answers. But listening to your child and answering their questions can help.