8 things you can do to prepare for returning back to school

1. **Practice Hand Hygiene**
   Often throughout the day. Teach them to sing their ABCs or have them count for at least 20 seconds ensuring they wash front, back, & in-between their fingers.

2. **Practice Cough Etiquette**
   Talk with your child about coughing and sneezing into their elbow when a tissue is not available.

3. **Practice 6ft of Distance.**
   Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual.

4. **Purchase a Thermometer**
   Check your child’s temperature every morning. If 100.0 or higher, they must stay home until fever free (without the use of Tylenol/Motrin). If they develop a fever at school, they will be required to remain out of school for 3 days.

5. **Update Immunizations/Physical.**
   Each are required to enroll for the school year. Contact your child’s pediatrician for an appointment. Immunizations can also be obtained at the Health Dept.

6. **Purchase Reusable Water Bottle**
   To be brought to school. Water fountains will not be in-service.
7 Verify/Update Emergency Contacts. If your child presents with COVID-like symptoms, they will be placed in an isolation and will need to be picked up immediately. Please ensure a contact can be reached at any given time.

8 Stay Informed. Educate yourself from reliable sources such as the CDC, Alabama Department of Public Health, and the Limestone County Schools websites.