

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.



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.



2 Practice Cough Etiquette

Talk with your child about coughing and sneezing into their elbow when a tissue is not available.



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.



3 Practice 6ft of Distance.

Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual.



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.



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Stay Informed.

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

