



10 Things Parents Can Do to Prepare Their Child for 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.



6 Update Immunizations. 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.



2 Practice Putting Mask On/Off. Your child may need to wear a mask on the bus, upon entering school, & within the hallways. Teach them to not touch the inside of their mask and store in baggie.



7 Inhaled Medication. Inhalers can be used with chambers. Speak with your child's pediatrician to obtain the proper equipment & to update the Asthma Action Plan.



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



8 Purchase Reusable Water Bottle to be brought to school. Please put name on bottles. Water fountains will not be in-service.



4 Purchase a Thermometer. Check your child's temperature every morning. If 100.4 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.



9 Verify/Update Emergency Contacts. If your child presents with COVID-like symptoms, and/or has a temp of 100.4 or greater they will be placed in an isolation area and given a mask to wear. The child will need to be picked up immediately. Please ensure a contact can be reached at any given time.



5 Make/Purchase Extra Cloth masks. When possible, masks should only be used one day and then wash. Consider making or buying multiple masks to give you proper time to wash them between use.



10 Stay Informed. Educate yourself from reliable sources such as the CDC, Mobile County Department of Health, and the MCPSS Public School websites.

