

Checklist: Planning for In-Person Classes

Actions to take and points to consider	Notes
<ul style="list-style-type: none"> <input type="checkbox"/> Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should not go to school. <input type="checkbox"/> Make sure your child does not have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches. <input type="checkbox"/> If your child has had close contact to a COVID-19 case, they should not go to school. Follow guidance on what to do when someone has known exposure. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Identify your school point person(s) to contact if your child will be absent/tardy for a non-COVID related reason. 	<p><i>Name of school point person(s):</i></p> <p><i>Contact information:</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Contact your school's Public Health Liaison for any protentional COVID symptoms, contact, or confirmed cases. 	<p><i>Name of school point person(s):</i></p> <p><i>Contact information:</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. These may include sites with free testing available. 	<p><i>My local testing options:</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions. This is especially important this year because we do not yet know if being sick with COVID-19 at the same time as the flu will result in more severe illness. 	<p><i>Date of flu vaccination:</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Review and practice proper hand washing techniques at home, especially before and after eating, sneezing, coughing, and adjusting a mask. Make hand washing fun and explain to your child why it's important. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Develop daily routines before and after school—for example, things to pack for school in the morning (like an additional (back up) mask) and things to do when you return home (like washing hands immediately and washing masks). 	
<ul style="list-style-type: none"> <input type="checkbox"/> Talk to your child about precautions to take at school. Children may be advised to: <ul style="list-style-type: none"> ◦ Wash and sanitize their hands more often. ◦ Keep physical distance from other students. ◦ Wear a mask. ◦ Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books. 	



cdc.gov/coronavirus

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<input type="checkbox"/> Make sure your information is current at school, including emergency contacts and individuals authorized to pick up your child(ren) from school. If that list includes anyone who is at increased risk for severe illness from COVID-19, consider identifying an alternate person.	
<input type="checkbox"/> Consider packing a reusable water bottle for your child.	
<input type="checkbox"/> Be familiar with your school's plan for how they will communicate with families when a positive case or exposure to someone with COVID-19 is identified and ensure student privacy is upheld.	
<input type="checkbox"/> Plan for possible school closures or periods of quarantine. If transmission is increasing in your community or if multiple children or staff test positive for COVID-19, the school building might close. Similarly, if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home for a 2-week quarantine period. You may need to consider the feasibility of teleworking, taking leave from work, or identifying someone who can supervise your child in the event of school building closures or quarantine.	
<input type="checkbox"/> If your school uses a cohort model, consider limiting your child's in-person out-of-school interactions to children in the same cohort or to activities where physical distancing can be maintained.	
<input type="checkbox"/> When in public, reinforce the concept of physical distancing with your child.	

Mental Health & Social-Emotional Wellbeing Considerations:

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<input type="checkbox"/> Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch).	
<input type="checkbox"/> Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal.	
<input type="checkbox"/> You can be a role model for your child by practicing self-care: <ul style="list-style-type: none"> ◦ Take breaks ◦ Get plenty of sleep ◦ Exercise ◦ Eat well ◦ Stay socially connected 	

Masks:

Actions to take and points to consider	Notes
<input type="checkbox"/> Have multiple masks, so you can wash them daily and have back-ups ready. Choose masks that <ul style="list-style-type: none"> ◦ Fit snugly but comfortably against the side of the face ◦ Completely cover the nose and mouth ◦ Are secured with ties or ear loops ◦ Include multiple layers of fabric ◦ Allow for breathing without restriction ◦ Can be washed and machine dried without damage or change to shape 	
<input type="checkbox"/> Practice with your child putting on and taking off masks without touching the part that covers the face.	
<input type="checkbox"/> Explain the importance of wearing a mask and how it protects other people from getting sick.	
<input type="checkbox"/> As a family, model wearing masks, especially when you are in situations where physical distancing is difficult to maintain or impossible.	
<p>If you have a young child, help build their comfort wearing a mask and become comfortable seeing others in masks.</p> <ul style="list-style-type: none"> ◦ Praise your child for wearing a mask correctly. ◦ Put a mask on stuffed animals. ◦ Draw a mask on a favorite book character. ◦ Show images of other children wearing masks. ◦ Allow your child to choose their mask that meets any dress requirements your school may have. ◦ Suggestions from the American Academy of Pediatrics 	

How to wear mask

- Wash your hands before putting on your mask
- Put the mask over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Avoid touching your mask



