10 Things You Can Do To Prepare For Returning Back To School

1. **Practice good hand hygiene**
   Teach your child to sing their ABCs or have them count for at least 20 seconds ensuring they wash, front, back and in-between their fingers.

2. **Practice wearing a face mask**
   Throughout the day your child will need to wear a cloth face mask, including on the bus and upon entering school. Teach them not to touch the inside of their face mask when wearing or removing it.

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

4. **Have a supply of face masks**
   When possible, face masks should only be used once and then washed (or disposed). Consider making or buying multiple masks to give you time to wash between use.

5. **Purchase a thermometer**
   Every morning, take your child’s temperature and conduct a health screening prior to them coming to school. If they are not feeling well or exhibiting any COVID symptoms, they need to stay home for 10 days or have a negative COVID test and no known exposure to return.

6. **Update immunizations & physical exams**
   Up-to-date immunizations are required for school, and sports physicals may be needed. Well care visits are important to a child’s health. Immunizations can also be obtained at your local Public Health Dept.

7. **Consider aerosolized medicine alternatives**
   Inhalers with a chamber are required as nebulizer treatments will not be provided during the school day. Speak with your school nurse to update your Asthma Action Plan.

8. **Purchase a reusable water bottle**
   Instruct your child not to share it with others. Water bottles and caps should be washed daily in warm soapy water, rinsed, and left to air dry upside down or run through the dishwasher.

9. **Verify/update emergency contacts**
   If your child exhibits any COVID-like symptoms, they will be placed in a room and will need to be picked up immediately. Please ensure a contact can be reached at any given time.

10. **Stay informed with reliable sources**
    Stay up-to-date on COVID-19 news from reliable sources such as the CDC, Arizona Department of Health Services, Maricopa County Department of Public Health and our district website pvschools.net/reopening.