



# FROM THE SCHOOL NURSE BACK TO SCHOOL HEALTH RECOMMENDATIONS

## 1 Hand Washing

Regular hand washing is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. For younger students, practice at home by counting to 20 seconds (sing "Happy Birthday" or the ABC song twice) while scrubbing between fingers and the front and back of hands.



## 2 Masks

Your child will need to wear a mask at school during times where social distancing is not possible. It is helpful to work with them at home on proper mask wearing. Masks should only be used one time before washing, so consider making or buying multiple masks to allow time to wash between use.



## 3 6 Feet Social Distancing

We will encourage practicing 6 feet of social distancing at school. Help your child at home by measuring this distance and practicing social distancing at home.



## 4 Daily Temperature Check

Check your child's temperature every morning. If 100.4 degrees F or higher, or above the school district's threshold, your child they must stay home until fever free (without the use of medication). Call the school to notify about the absence. A child who develops a fever at school will be sent home.



## 5 Immunizations

It is a requirement that your child is up to date on their vaccines prior to attending school. If you are not sure if your child is up to date, contact your child's pediatrician or school nurse.



## 6 Health Concerns

If your child has any health concerns, please let your school nurse know. It is important to discuss how the nurse and other adults can support your child at school.



## 7 Change Aerosolized Medication

According to the CDC, nebulizers should not be administered in school at this time. Inhalers may be used. Speak with your child's physician to obtain the proper medication to have at school and an updated Asthma Action Plan for the school year.



## 8 Purchase a Reusable Water Bottle

The Indiana State Department of Health recommends that water fountains be taken out of service. Check with your school to determine whether your child should bring a reusable water bottle to school. Hydration is encouraged.



## 9 Verify/Update Emergency Contacts

If your child presents with COVID-like symptoms while at school, he or she will be placed in an isolation room and will need to be picked up immediately.



## 10 Symptoms to Look For

Please do NOT send a child to school who exhibits one or more signs of COVID-19, including, but not limited to:

- Fever at 100.4 F or higher, or above the school district's threshold
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Sore throat
- Chills
- Muscle or body aches
- Headache
- New loss of taste/smell
- Diarrhea
- Nausea or Vomiting
- Nasal Congestion/Runny Nose



### Medications

Please make sure you are familiar with the school's medication policy. If medications are needed while at school, please contact your school nurse to discuss the medication and to set up a time for drop-off.

