

## GUIDELINES FOR PARENTS – PLANNING FOR IN-PERSON CLASSES

Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they cannot come to school.

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.

If your child has had close contact to a COVID-19 case, they may not go to school.

Identify your school point person to contact if your child gets sick. If your child is sick, notify the school office. (217-732-3977) If you are leaving a message, make sure to share the reason your child will be absent.

Be familiar with the local COVID-19 testing sites: Contact the Logan County Health Dept.

Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-ages 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.

Review and practice hand washing techniques at home.

Pack a water bottle each day and clean it when it is brought home.

Develop daily routines before and after school-for example, things to pack for school in the morning (an additional cloth face covering) and things to do when you return home (like washing hands immediately, and washing worn cloth face coverings).

Talk to your child about precautions to take at school. Children may be advised to :

- wash and sanitize their hands more often

- keep physical distance from other students

- wear a cloth face covering

- avoid sharing of objects with other students, including water bottles, devices, writing instruments, and books

- Use hand sanitizer (that contains at least 60% alcohol). Make sure you're using a safe product. FDA recalled products that contain toxic methanol. Monitor how they feel and tell an adult if they are not feeling well.

Develop a plan to protect household members who are at increased risk for severe illness.

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 alternative person.

Be prepared to pick up or have someone pick up your child at school quickly if you are called that they are ill.

Plan for possible school closures or periods of quarantine.

### CLOTH FACE COVERINGS

Have multiple cloth face coverings, so you can wash them daily and have back-ups ready. Choose cloth face coverings that:

- 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

Label your child's face coverings clearly with a permanent marker so that they are not confused with those of other children.

Practice with your child putting on and taking off face coverings without touching the cloth.

Explain the importance of wearing a cloth face covering and how it protects other people from getting sick.

Consider talking to your child about other people who may not be able to wear cloth face coverings for medical reasons (asthma)

As a family, model wearing cloth face coverings, especially when you are in situations where physical distancing is difficult to maintain or impossible.

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.