

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 face coverings



Your child may need to wear a face covering on the bus and throughout the school day. Teach them to wear it over their mouth and nose, not to touch the face covering, and to remove it by holding the ear loops.

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 Watch for symptoms



Many illnesses children get have similar symptoms to COVID-19, which can include fever, cough, muscle aches, and others. Often, children infected with the virus have mild symptoms or none at all. If your child has a fever (100.4 or higher), they must stay home until fever-free for 24 hours, without the use of fever-reducing medication.

5 Have a supply of face coverings



When possible, face coverings should only be used once and then washed. Consider making or buying multiple masks to give you time to wash between use.

6 Update immunizations and physical exams



Well care visits are important to a child's health. Up-to-date immunizations are required for school, and sports physicals may be needed. Find more information at maricopa.gov/immunizations.

7 Consider aerosolized medicine alternatives for asthma



Inhalers with a chamber are preferred over nebulizers for administering in school. Speak with your pediatrician for equipment options and updates to your Asthma Action Plan.

8 Purchase a reusable water bottle



Water fountains may not be readily available. Make sure your child has a reusable water bottle to bring to school, and instruct them 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 presents with COVID-like symptoms, they will be placed in a room away from others 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 using reliable sources such as the CDC, Arizona Department of Health Services, Maricopa County Department of Public Health and your district or school websites.