

DAILY HEALTH CHECKLIST

Parents, get your children ready to have a healthy day at school!

Here are helpful guidelines to follow to ensure you are taking the necessary precautions to prevent your child and family from illness. You can help protect your family from COVID-19 by practicing and promoting everyday healthy habits.

Use the checklist below as you prepare your child for school each day.

PLAN & PREPARE

- Practice and reinforce good prevention habits with your family.
 - Avoid close contact with people who are sick.
 - Cover your cough or sneeze.
 - Wash hands often with soap and water for 20 seconds.
- Send your child to school each day with a face covering.
 - Use a disposable or washable face covering.
 - Wash your face covering regularly.
- Keep your child at home if sick with any illness.
 - Does your child have a runny nose or sore throat?
 - Does your child have a fever?
 - Does your child have chills or body aches?
 - If you answered yes to any of these questions, it is best to keep your child at home and seek medical care.
- Report immediately to your child's school if he/she or any family member have been around someone who has tested positive for COVID-19.
 - If this occurs:
 - Keep your child home.
 - Contact your physician for further healthcare instructions.

