A Note from Nurse Laurino

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With the Coronavirus an ever present concern, and with it common for school aged children to be either asymptomatic (without symptoms) or with mild symptoms, I thought it would be a good idea to reiterate some safety steps:

- Check in with your child daily to monitor them for any signs of illness. Investigate even mild symptoms like a runny nose, sneezing, or tiredness. Please do not send your child to school if they are exhibiting any concerning or related symptoms. "Better to be safe than sorry."
- Remind your child about safety protocols, such as washing hands, wearing masks, and maintaining physical distancing. By practicing safety habits and setting an example at home, children are more likely to follow healthy habits routinely.
- Masks should cover the nose, mouth, and chin snuggly. Teach your children not to touch their mask with unwashed hands and to take them on and off with the ear loops.
- Keep a supply of masks as they do become soiled and wet. Slip an extra one in their backpack. Masks should be stored in a clean container.
- Although it is required that all students and adults to wear face masks, there may be an instance where a medical provision prevents a child from wearing a mask which is formally documented by a medical professional. Additional safety measures and precautions are enacted in these very few circumstances.
- Proper handwashing means rubbing hands together with soap and water for at least 20 seconds and dry hands thoroughly. If soap and water is not available, use hand sanitizer with at least 60% alcohol. Keep a small container of hand sanitizer in your child's backpack.
- Teach your children about washing hands after using the bathroom, before and after eating, and when returning back home.
- If your child has had close contact with someone who has COVID, keep them home and let us know why your child is staying home. **We appreciate all the many families who have been honest about their own close contact and travel experiences and taken the added safety precautions to protect our school community.**
- Create a plan for how you'll protect any family and household members who are at greater risk for severe illness.
- Always be prepared in the event that your school has to impose a period of quarantine on your child. This could happen with very limited notice so having a plan in place is very important.
- Make sure the emergency information you have on file with your school is up to date.
- Social distance when outside your home or outside your household circle, keeping 6 feet apart and limiting interactions to under 10-15 minutes. This includes inside playdates with children from other families outside of your immediate family or "bubble".

Here is a great reference to assist in your decision making:

"Can My Child Go To School Today".