

CHECKLIST: PLANNING FOR IN-PERSON CLASSES

This checklist has been modified from guidance provided by the Centers for Disease Control. It is intended to help parents, guardians, caregivers, plan and prepare for in-person classes. It is important for families to emphasize and model healthy behaviors at home and talk to your children about changes to expect this school year. Even if your child resumes in-person learning at school, it is important to prepare for the possibility of virtual learning if school closes or if your child becomes exposed to COVID-19 and needs to stay home.

ACTIONS TO TAKE & POINTS TO CONSIDER	NOTES
<p>MONITORING SYMPTOMS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should <i>not</i> go to school. <input type="checkbox"/> Make sure your child does not have a sore throat or other signs of illness, like cough, diarrhea, severe headache, vomiting, or body aches <input type="checkbox"/> If your child has had close contact to a COVID-19 case, they should <i>not</i> go to school and contact their their healthcare provider and YKHC for testing and guidance. 	<ul style="list-style-type: none"> ● <u>YKHC COVID-19 hotline:</u> <u>(907) 543-6949</u> ● Video – <u>Symptoms of Covid-19</u> ● <u>Symptoms of Covid-19 Handout</u> ● Tool: <u>Covid-19 Self-Checker</u> interactive clinical assessment tool ● Quick Guide for Parents: <u>My Child is Showing Signs of Covid-19 at School: What should I do?</u>
<p>PROPER MASKING (required): Based on public health guidance, the most effective masks are surgical masks or triple layered cloth masks.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have multiple masks, so you can wash them daily and have back-ups ready. Choose masks that: <ul style="list-style-type: none"> - 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 (3 layers) - Allow for breathing without restriction - Can be washed and machine dried without damage or change to shape <input type="checkbox"/> Label your child’s masks clearly in a permanent marker so that they are not confused with those of other children. <input type="checkbox"/> Practice with your child putting on and taking off masks without touching the cloth. <input type="checkbox"/> Explain the importance of wearing a mask and how appropriately worn masks reduce the chances of getting and spreading COVID-19. <input type="checkbox"/> Consider talking to your child about other people who may not be able to wear masks for medical reasons (e.g., asthma). <input type="checkbox"/> As a family, model wearing masks, especially when you are in situations where physical distancing is difficult to maintain or impossible. <input type="checkbox"/> Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their masks when not wearing it (e.g., when eating) 	<ul style="list-style-type: none"> ● Guide to Proper Masking ● Video – <u>How to Wear Mask Properly</u> ● Video – <u>How to Double Mask</u>

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<p>HANDWASHING TECHNIQUES</p> <p><input type="checkbox"/> Review and practice proper handwashing techniques at home, especially before and after eating, sneezing, coughing, and adjusting a mask. Make handwashing fun and explain to your child why it's important.</p>	<ul style="list-style-type: none"> • Handwashing Techniques • Making Handwashing Fun
<p>PRECAUTIONS</p> <p><input type="checkbox"/> Talk to your child about precautions to take at school. Children may be advised to:</p> <ul style="list-style-type: none"> • Wash and sanitize their hands more often. • Keep physical distance from other students. • Wear a mask. • Avoid sharing 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. • Monitor how they feel and tell an adult if they are not feeling well. <p><input type="checkbox"/> Routines: Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) mask) and things to do when you return home (like washing hands immediately and washing masks).</p> <p><input type="checkbox"/> Physical Distancing: Reinforce the concept of physical distancing with your child.</p> <p><input type="checkbox"/> Cohorts: consider limiting your child's in-person out-of-school interactions to children in the same cohort or to activities where physical distancing can be maintained.</p> <p><input type="checkbox"/> Possible School Closures: Plan for possible school closures or periods of quarantine. If transmission is increasing in your community or if multiple children or staff test positive for COVID-19, the school building might close. Similarly, if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home for a 2-week quarantine period. You may need to consider the feasibility of teleworking, taking leave from work, or identifying someone who can supervise your child in the event of school building closures or quarantine.</p> <p><input type="checkbox"/> Plan for transportation:</p> <ul style="list-style-type: none"> • If your child rides a bus, plan for your child to wear a mask on the bus and talk to your child about the importance of following bus rules and any spaced seating rules. • If carpooling, plan on every child in the carpool and the driver wearing masks for the entire trip. If your school uses the cohort model, consider finding families within your child's group/cohort at school to be part of the carpool. <p><input type="checkbox"/> Protecting Household Members: Develop a plan as a family to protect household members who are at increased risk for severe illness.</p>	<ul style="list-style-type: none"> • Guide to Talking to Your Children about COVID-19 • Guide to People at Increased Risk

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<p>MENTAL HEALTH & SOCIAL EMOTIONAL WELLBEING CONSIDERATIONS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch). <input type="checkbox"/> 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. <input type="checkbox"/> Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with stress and anxiety. <input type="checkbox"/> Try to attend school activities and meetings. Schools may offer more of these virtually. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school. 	<p>Since the school experience will be very different from before with desks far apart from each other, teachers maintaining physical distance, and the possibility of staying in the classroom for lunch, it is unlike anything your child is used to. Before school is in session, you may want to talk to your child and explain that all these steps are being taken to keep everyone safe and healthy.</p> <ul style="list-style-type: none"> • <u>YKHC Behavioral Health Services:</u> (907) 543-4874 • <u>LKSD Social Workers:</u> (907) 543-4874 • Guide to <u>Helping Children Cope</u>