1 **Practice Hand Hygiene**
Often throughout the day. Teach your child to sing their ABCs, their favorite song, or have them count for at least 20 seconds ensuring they wash front, back, & in-between their fingers, thumbs and under their fingernails.

2 **Practice Putting Face Covering On/Off.**
TUSD mandates all K-12 students and staff wear a face covering on the bus and at school. Teach your child to not touch the inside of their face covering when taking it off and to not touch or play with the face covering while on.

3 **Face Coverings.**
Consider having multiple face coverings to give you proper time to wash them between use. It is recommended to wash and dry face coverings daily.

4 **Know The COVID-19 Screening Questions.**
(Find them here...) Review with your child each morning. Also, if your child is not feeling well, check their temperature before going to school and keep them home if it is 100 degrees or higher. Your child must stay home until fever-free without the use of fever reducing medication for 72 hours. If they develop a fever or show symptoms of COVID-19 at school, they will be sent home immediately.

5 **Practice 6ft of Distance.**
Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual.

6 **Update Immunizations**
Contact your child’s pediatrician to see if your child’s immunizations are up to date for school, make an appointment to get any required vaccines and ask about when to get a flu shot. Immunizations that are due can also be obtained at the Health Dept. (https://webcms.pima.gov/health/preventive_health/immunizations/)

7 **Your Child Will Only Be able to use Inhalers for Asthma Medication Administration.**
Speak with your child’s pediatrician to obtain the proper multi-dose inhaler & update their Asthma Action Plan.

8 **Make Sure to Send**
your child to school with a reusable water bottle for their safety. Water fountains will not be in service. Water for refilling bottles will be available.

9 **Verify/Update Emergency Contacts.**
Verify that your contact information is correct and up to date. If you have completed your child’s registration and the information changes, contact your school with the correct information; they will update your contacts. It is important to update all emergency numbers so a contact can be reached at any given time.

10 **Stay Informed.**
Educate yourself from reliable sources such as the CDC, (www.cdc.gov/coronavirus) Pima County Health Dept. (webcms.pima.gov) Arizona Dept of Health (azdhs.gov) TUSD website (www.tUSD1.org/COVID-19)

If you have questions, please contact School Health Services 225-3284

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