# **Kimberly Elementary School**

# Return to Learning Playbook



3090 McMurray Dr, SW Atlanta, GA 30311 (404) 802-7600

http://www.atlantapublicschools.us/kimberly

Joseph L Salley, Principal

Kristy Reese, Assistant Principal Tommy Usher, Associate Superintendent

# **Table of Contents**

Return to Learn at a Glance2	
Morning Arrival6	
Afternoon Dismissal8	
Mask Procedures10	į
nstructructional Learning Models12	
Morning Classroom Procedures16	į
_unch Procedures17	,
Recess18	}
Specials (Art/Music/PE.Band/Spanish)18	•
Front Office Protocols19	)
Clinic Procedures20	O
Cleaning and Sanitation2	1
COVID-19 Response & Prevention2	3

# What will Returning to Kimberly Look Like for Staff and Students?



Upon entering the building, the school nurse (or designee) will greet all visitors at the screening station located in the front foyer or any other designated entrance. All staff, parents, and students will be screened following guidelines and procedures in accordance with Atlanta Public Schools and the State Health Department.

The greeter will take your temperature and ask you a few questions about your health. Do you have the following symptoms:

- Fever or Chills
- Cough
- Sore throat
- Shortness of breath
- Fatigue
- Headache, Muscle or Body aches
- Loss of Taste or Smell
- Congestion or Runny Nose
- Nausea or Vomiting
- Diarrhea
- \*\*\*Have you been around anyone that has tested positive for COVID-19 in the last 14 days?\*\*



#### Responsible Distancing

Everyone entering the building will be encouraged to responsibly distance

from arrival to departure on campus. Floor markings and directional signage (one-way, stop, do not enter) will be posted on the walls and placed on floors to direct foot traffic in common areas (hallway, cafeteria, office, etc). Staggered release schedules for restrooms, lunch and other transitions will be utilized in an effort to decrease the amount of students in the hallways, cafeteria and other high traffic areas at any given time.



#### Limited Access to Visitors and Volunteers

In an effort to limit the potential exposure to COVID-19, the amount visitors allowed inside of the school building will be closely monitored and restricted to designated areas. Visitors will not be permitted to enter areas outside of the main office or foyer without expressed permission granted by the school administration. The office will be open to assist parents and other visitors by appointment preferably and walk-in when staff is available to assist. Visitors will be restricted from visiting classrooms and eating lunch with students at this time. Volunteers will not be permitted at this time without explicit permission of the school principal.

#### **Hand Sanitation Stations**

Hand sanitation stations will be visible in high traffic areas to encourage proper cleaning practices. Students will be given several opportunities throughout the instructional day to clean their hands with sanitizer or soap and water. Additional cleaning supplies will be available for teachers to spray and wipe down areas to supplement the increased cleaning protocols

that have been put in place. Students will be allowed to bring hand sanitizer for personal use.

#### **Classroom Modifications**

Physical distancing will be implemented to the greatest extent possible. All non-mobile seating such as tables will be marked with specific signage to indicate where students are allowed to sit.

#### **Controlled Movement Patterns**



To encourage responsible distancing and limit exposure to COVID-19, building flow markers will be displayed throughout the building. Signs (one-way, stop, do not enter) will be posted on the walls and placed on floors to direct traffic flow. Staggered dismissal patterns will be enforced to decrease the number of students moving through the building at any one time.

## **Common Area Modifications**

Until further notice, students will no longer wait with their grade level in common areas (cafeteria and hallways). Upon arrival at school, students will have their temperature checked and proceed directly to their assigned classroom. Students will not be allowed to escort siblings and friends to other classrooms. Special classes (art, band, music, physical education, and spanish) will adhere to responsible distancing while limiting collaborative activity and shared resources. Under certain circumstances, Specials Teachers may travel in lieu of students traveling.

#### Meal Service

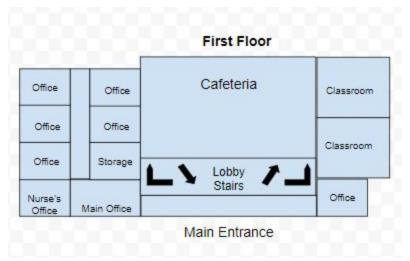
Meals will be provided in a grab-and-go style. However, if students are required to stand in a line, physical distancing will be implemented to the greatest extent possible while waiting to pick up breakfast/lunch. Students will eat breakfast and lunch in the classroom. Students will not be allowed to share food or drinks with other students.

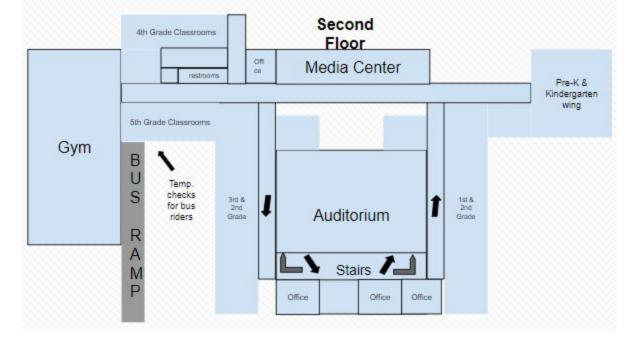
### Mass Gatherings

For the safety of our Kimberly staff, students and parents on campus, large gatherings such as assemblies and award ceremonies, will not be permitted until further notice. All gatherings will be held virtually using an online meeting or social media platform.



# **Morning Arrival**





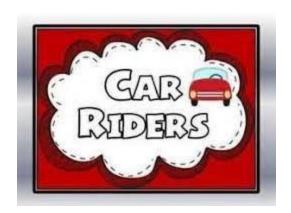
## 7:25 Morning Bus Arrival

- To ensure responsible distancing during unloading, one bus will unload at a time.
- Temperature checks by designated staff will occur after unloading.
- Student traffic will flow on the right side of the hallway (via floor/wall decals). Responsible distancing will be reviewed and enforced.

- For the first couple of weeks the Pre-Kindergarten and Kindergarten Paraprofessionals will receive students at the bus ramp.
- Supervision by staff will take place to monitor and direct traffic flow.
   Students will report directly to their homeroom classes.
- Breakfast will be delivered and served in the homeroom classes.

## 7:25 Morning Car Arrival

- Car arrival will begin at 7:25 am to promote responsible distancing for safety.
- Temperature checks by designated staff will occur upon arrival.
- For the first couple of weeks the Pre-Kindergarten and Kindergarten Teachers will receive students at the front of car arrivals.
- Students will be released from the car rider lanes to report directly to their homeroom class.
- The student will use the stairs on the right to go up to their homeroom class.
- No one dropping off students should exit their vehicle.
- Parents/Guardians will not be allowed to walk students to class. Staff members on duty will manage the traffic flow utilizing the "Building Traffic Flow Map".



## **Afternoon Dismissal**

#### **Bus Dismissal:**

- By 2:15 p.m., teachers will ensure that students are packed and ready to leave for the day. All homeroom teachers will stand at their doors to monitor hallway traffic and to ensure responsible distancing. Additional staff will be strategically placed throughout the hallways to also monitor student movement.
- Bus dismissal will begin with Pre-K, all other students will be released by bus. A schedule will be created to dismiss all busses, car riders, daycare van riders, and walkers 3 minutes apart.
- If a bus is late, those students will be escorted to the gym by a staff member and remain responsibly distanced until the late bus is called.
- Teachers should remain at their doors throughout the afternoon dismissal in order to monitor student behavior, compliance and to ensure that students remain responsibly distanced.



## Car Dismissal: (FetchKids)

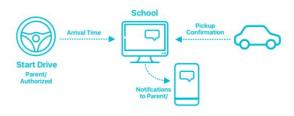
 Parents of students who will be car riders will be required to utilize FetchKids, a web based and phone app to notify the school that they are at school ready to pick up their child.

#### **Features For Parents**

- Parents may set up pickup teams, allowing other drivers to pick up their kids, with safeguards for rideshare services
- Allows parents to organize their own pickup schedule
- Lets parents activate the engagement of GPS tracking that notifies the school of their journey and arrival time
- Allows parents to receive a confirmation of a safe pickup when others are picking up their children
- Allows drivers to easily communicate with the school when changes to the pickup routine occur
- Stores a history of each bus ride and/or pickup by parents or other adults with pickup time, date and name of an adult
- Provides a one or two primary parent/s option for data set up and planning when parents are divorced/separated
- Improves dismissal efficiency with a QR code scanning system



#### HOW CAR PICKUP WORKS



https://fetchkids.com

## Mask Procedure and Mask Down Zones



Students who opt into on-campus learning are committed to the protocols set by Atlanta Public Schools and Kimberly Elementary School. Masks are **required** on APS school buses and APS campuses.

#### Masks are **required** when:

- students enter/exit the building in the mornings and afternoons
- students are in specials (including PE)
- students are in the hallway
- students are in the restroom

The following areas will be considered "Mask Down" zones:

- Classroom when students are in their assigned seat and are responsibly distanced for lunch in the classroom
- Recess Zones physical distancing will be implemented to the greatest extent possible

Once students enter the classroom, they will immediately hook their mask to their school-issued lanyard that will be worn at all times. The lanyard will be kept in the classroom and will ensure that the student's mask stays with them at all times, allowing the mask to be easily removed while remaining in the child's possession.

Masks need to comply with the dress code standards outlined in the school and district handbook (Code of Conduct); covering both their nose and mouth. Students who do not comply with on-campus efforts to reduce the

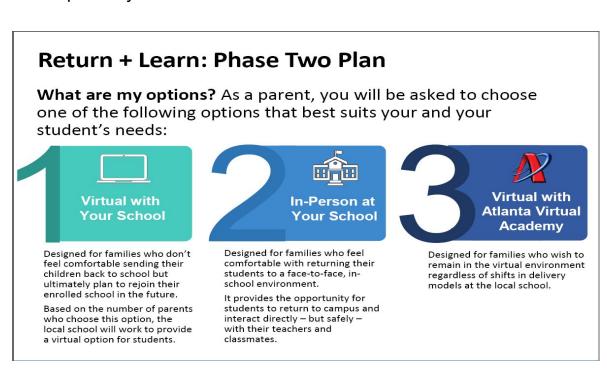
spread of COVID-19 will be encouraged to transition to remote learning or could be in violation of the Code of Conduct.

Masks will be located in the front office for visitors who do not have one as well as for staff who should forget theirs. Masks will also be available for students to use if they forget theirs at home.



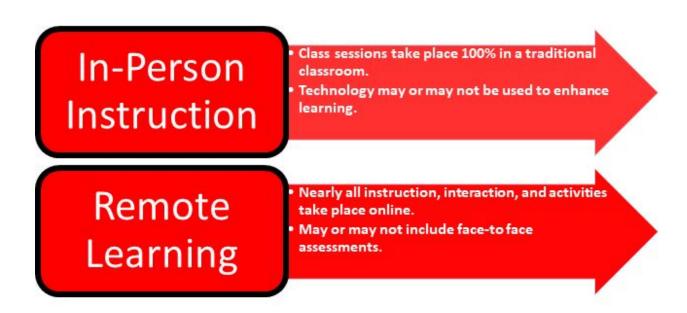
# **Classroom Structure and Instructional Learning Models**

- Each classroom will be configured to maximize space and distance between each student. When possible, classroom furniture will be repositioned to provide additional space. Administrators will preview and approve classroom set-ups before the start of school.
- Student seating will be assigned and consistent each day. When
  practical, there will be no shared seating in classrooms. When this
  cannot be avoided (Resource classes/Specials/etc.), seating areas
  will be cleaned between new student groups.
- Classroom supplies will not be shared. Students will have their own materials and these materials will remain with the students. There will no longer be community crayons, markers, etc. Manipulatives will be bagged individually for students to maintain at their desk.
- Support teachers (EIP, DSE, ELL, etc.) will have access to their own space in the classroom and will bring their personal items with them as needed.
- Desks unavailable to be used will be marked to ensure students are responsibly distanced in the classroom.



# **Instructional Learning Models**

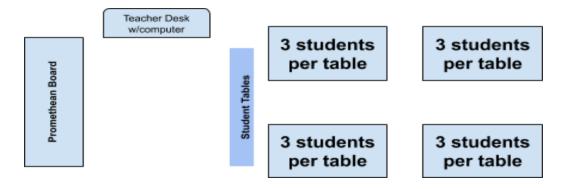
As students return to the building, a combination of instructional learning models will be utilized to provide students with a high quality education based on individual needs and staffing. This will require a re-evaluation of the current instructional model and its design. The models that will be employed are in-person instruction and remote learning. Online and face-to-face instruction are utilized in the same classroom setting, at the same time. All students (in-person and students participating in remote learning) log onto a Zoom session in order to participate in instruction.



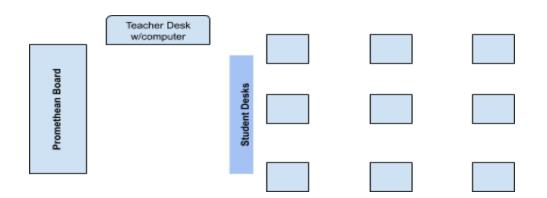
#### Models of Instruction

Whole-Group Instruction: All whole group instruction should continue to be taught in the manner currently being utilized during remote learning. This means:

- The teacher should be on the computer addressing all students via Zoom.
- Students in the classroom & virtual are all participating as they would in a virtual environment.
- Teachers will use digital tools (i.e. promethean flipchart, jamboard, nearpod, etc.) OR classroom tools that can be seen by students via the computer camera or document camera, that gives students the ability to see and hear the discussion/ instruction regardless of the location. Digital tools in use could/should be projected in the classroom to allow students to participate in instruction via Zoom but also see it on display in the classroom.



K-2 Model (The number of students listed in the models are contingent upon the number of students who elect to return.)



Grade 3-5 Model (The number of students listed in the models are contingent upon the number of students who elect to return.)

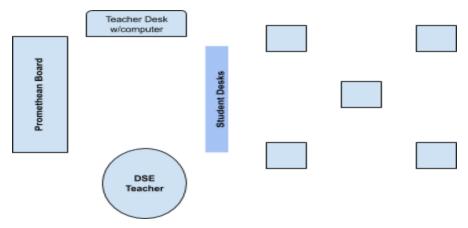
#### Small Group Instruction and 1:1 Instruction

The teacher should use a balance of the class period/instructional block to provide small group instruction and 1:1 teaching. Based on how many students are in the setting, and the needs for personalization of the learning, groupings for this purpose may include:

- Small groups will be a mix of virtual and in-person learners.
   Teachers will continue to utilize break-out rooms via Zoom. Either the teacher or support personnel will provide instruction to groups in the break-out room.
- Groupings will be determined based on data and student need.
- The teacher will work with groups of students/individual students in a traditional manner. Teachers will confer with students/groups both in person and virtually.

<u>Special Education Considerations (Co-taught and Collaboration)</u>
All whole group instruction should continue to be taught in the manner currently being utilized during remote learning. This means:

- GE (General Ed) teacher and DSE (Special Ed) teacher should be on the computer addressing all students via ZOOM while implementing various co-teaching models (ie. parallel teaching, team teaching, or alternative teaching)
- Students in the classroom should participate through a blended approach through the use of technology and classroom tools.
   Students who are virtual will participate using their device.
- All teachers will use digital tools (ie. promethean flipchart, jamboard, nearpod, etc.) OR classroom tools that can be seen by students via the computer camera or document camera, that gives students the ability to see and hear the discussion/ instruction regardless of the location. Digital tools in use could/should be projected in the classroom to allow students to participate in instruction via Zoom but also see it on display in the classroom.
- GE and DSE teachers will continue to collaborate to ensure all students' accommodations are implemented during this time.



DSE Co-teaching Model (The number of students listed in the models are contingent upon the number of students who elect to return.)

# **Morning Classroom Procedures**

Staff report time will be 7:20 a.m. to 3:00 p.m. In order to monitor early morning student arrival. Students will not be allowed to take attendance/absence notes or lunch counts to the office and cafeteria. Instead, the following procedures will be followed:

- Teachers will greet students at the entry of the classroom. Teachers will instruct students to sanitize their hands upon entry into the classroom. Teachers will double check for students who are in need of a mask.
- Students will be instructed to go directly to their designated seats and to remain seated until further instructions are given by the teacher.
- The teacher will direct students to work on their online morning work while remaining seated.
- If breakfast is served in the classroom, the teacher will instruct students to retrieve their breakfast 1 student at a time. Students will discard their trash 1 student at a time.
- Breakfast count will be completed daily utilizing a Google Form by (8:30a)
- The teacher will take attendance in Infinite Campus by 8:30a. All paper attendance rosters will be placed in a folder outside each classroom door.

- The teacher will call the front office and use GroupMe with any questions instead of sending a student.
- Lunch count will be completed daily utilizing a Google Form (9:00a)

## **Lunch Procedures**

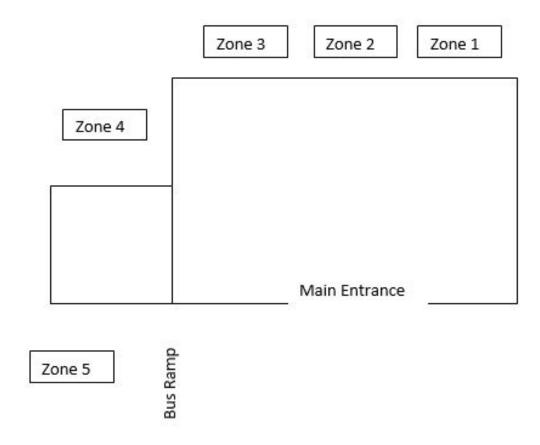
Classrooms will be dismissed individually (and staggered) to report to the cafeteria to pick-up hot lunches. Students will not be required to enter the lunch numbers at this time. All students eat lunch in their classrooms:

- After going through the line, students will follow the building traffic flow markers and return to their classroom to eat their lunch.
- Students should use hand sanitizer (personal or school dispenser) before and after eating.
- Students will be reminded that the expectation is to wear face coverings up to the point of beginning their meal and immediately upon finishing the face cover will be put back on. Any free time after eating commences will require face coverings to be placed back on.
- Monitors will provide Duty Free Lunch for teachers.



#### Recess

- · Stationary playground equipment will not be utilized.
- Grass areas around the school will be divided into zones that will be utilized for recess. No more than two classes will occupy the same zone.



# **Specials**

- No equipment will be used unless it can be sanitized between each use or it does not require physical contact by students.
- There will be no more students than can be reasonably socially distanced in the gymnasium (PE/Health), art, music, and Spanish classrooms (Specials teachers, with the exception of PE, may report to students' homeroom).

- Upon entering the gym students should spread out to their responsibly distanced location. Students will be assigned a designated spot when entering the gym.
- Weather permitting, PE classes will take place outside.
- Students may bring water bottles to class. Water fountains have been taken off line; Water Filling Stations have been installed.
- Students should sanitize their hands before and after class.

## **Front Office Protocols**

- Front doors will remain locked at all times and families will receive regular communication reminders to call first BEFORE coming to the school. Visitors will state the reason for visit through the intercom system and office staff will determine to allow entry.
- Office procedures will be communicated to the school community on a regular basis via recorded message. Ex. In order to limit exposure for all students and staff, we are limiting campus visits by any nonessential visitors, community organizations, businesses, municipal partners, and speakers. Essential visitors are defined as those with business critical to the operation of the district (e.g. contractors, deliveries, members of the Department of Health, etc.). Anyone who needs to visit the campus, must call to make an appointment. Visitors without an appointment may be denied entry into the building.
- At this time, all volunteer/mentoring opportunities will be conducted virtually, unless permitted by the school principal. All individuals entering a school or district building must follow the protocols outlined.
- Lunch and classroom visits will not be permitted at this time.
- Visitors will not be permitted to enter areas outside of the main office/foyer.
- Teachers must call the front office or clinic before sending a student to the designated area using the Red/Blue Call Button.

#### **Clinic Procedures**

An onsite nurse is available to help create a safe and healthy environment. There will be two separate rooms to house students with basic first-aid situations and to house students exhibiting symptoms of COVID-19. Students exhibiting possible COVID-19 symptoms will be escorted and monitored in a designated location until parents are able to pick the child up from school.

#### **Procedures**

- Students will no longer be sent to the office to take prescribed medication. Instead, the Nurse will report to the student's classroom to administer medicine.
- When possible, the Nurse will report to the classroom if a student is in need of attention. When this cannot happen, the teacher will be informed to send the student to the office without a student escort. If an escort is needed, an adult from the front office will serve in that role.
- Any student not feeling well or exhibiting any COVID-19-like symptoms should not be sent to the office. If a teacher or school-based staff member notes a concern, the teacher will call the front office/school nurse. The school nurse will come to the classroom to assess and escort the student to the appropriate location to limit any potential exposure to others.
- Protocols for referring a student to the school nurse will be part of all staff training prior to students returning back to the building



# **Cleaning and Sanitizing**

#### Sanitation, Cleaning and Disinfection Protocols:

Sanitizing and disinfecting will be in effect and focus on major touch points in common areas such as doorknobs, handles, railings, light switches and soap/sanitizer station dispensers.

# **Cleaning and Disinfection**

Help Stop the Spread of Viruses

APS custodians are trained on effective methods for cleaning and disinfecting schools to help fight the spread of viruses and other harmful bacteria.



Facilities Services, in accordance with the department's standard operating procedures, uses Environmental Protection Agency approved disinfectants to clean and have increased routine cleaning and disinfection of frequently-touched surfaces at school and central office facilities

- Custodians will check common areas and group restrooms throughout the day to ensure supplies are replenished and conduct high touch-point cleaning.
- Classrooms and offices will be stocked with disinfectant for use during the day, if needed.
- Night vendors perform additional cleaning/disinfecting once students leave for the day. Night vendors will conduct deep cleaning on nights when there is a break in instruction.
- Follow label directions, which include safety information and application.
- Cleaning products should not be used near children; staff should ensure that there is adequate ventilation when using these products to prevent children or themselves from inhaling aerosols.
- Contact Facilities Services to obtain additional guidance.

## Scheduling and Routine:

Throughout the day, the custodial staff will implement a routine of surface cleaning in the major touch point areas. Classrooms will be sanitized at the end of day (times will coincide with students' Specials, Lunch, Pick-up and/or Recess)

Restrooms will be cleaned and sanitized at least twice a day

## **Deep Cleaning**:

Custodial shifts that take place after the instructional day will follow normal clearing procedures to deep clean all areas to be ready for the next school day. Disinfecting and cleaning will take place utilizing Environmental Protection Agency approved cleaners. If a positive COVID-19 case is determined within the building, the affected area will be closed off and deep cleaned before students and staff are able to return to that location.

Every Wednesday, and on the weekends, the building will undergo a Deep Cleaning; the school will be closed on Wednesday's and students will engage in Virtual Learning.



# **COVID 19 Cleaning at Schools: Daily Tasks**



#### Day Porter

- ☐ Exterior of Building: Remove debris and trash from grounds near entrance.
- Building Duties: Inspect building. Clean/disinfect all doors, door handles and door glass located at all entry points (interior and exterior).
- Restrooms (Twice Daily): Clean/disinfect and restock all restrooms.
- ☐ Disinfect & Complete Log Entry (Twice Daily) Beginning at front entrance start disinfection process. Move throughout entire building including all corridors, office spaces and common areas disinfecting all touch points.
- Building & Playground Check- Clean all interior windows located in corridors and common areas. Disinfect playgrounds and high touch areas.



#### **Night Porter**

- Restrooms: Clean/disinfect individual classroom/group restrooms.
- ☐ Check for Fullness Report: A) Soap dispenser B)
  Toilet paper C) Paper towels D)Empty trash
- Common Areas: Clean hallways, main office, multipurpose room, media center, cafeteria, gym, and other non-classroom areas. Disinfect high touch surfaces.
- □ Classrooms/Offices: Clean & disinfect high touch areas.
- □ Disinfect Fog (Tuesday ,Wednesday, and Friday): Disinfect all high touchpoint areas.



Disinfect all high touch point classroom surfaces (eg. student desk, light switches, door knobs, computers).

## **Shared Responsibilities:**

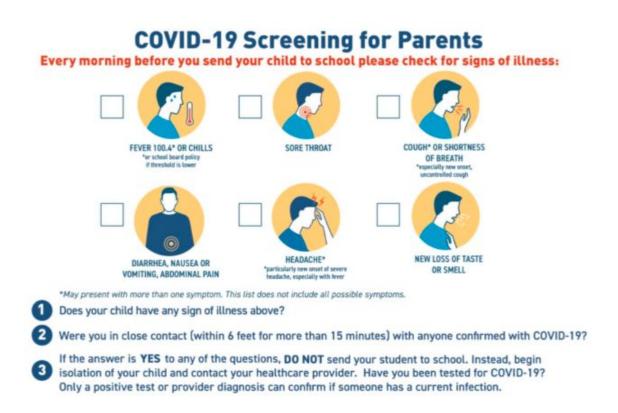
Staff and students must work together with custodial staff to promote a clean and healthy environment for everyone within the building. Each classroom will have additional cleaning supplies to support the cleaning of tabletops, desks and chairs in between scheduled cleanings.

# **Covid-19 Response and Prevention**

As stated by the Atlanta Public School (APS) Board of Education (BOE) meeting (October 5, 2020), COVID-19 is a reportable disease and confirmed cases are reported by the laboratory or health care provider.

# What are the health screening procedures for parents?

Parents are asked to monitor and screen students prior to sending them to school daily. Any student who exhibits signs of COVID or any other severe illness, should not be sent to school. Students will also be screened upon arrival to school.



## What is the process for tracking and tracing COVID-19 cases?

APS will maintain communication with local boards of health surveillance and tracking of self reported cases to the school district as applicable. APS Comprehensive Health Services department will monitor and maintain self-reported COVID-19 cases. All surveillance and case investigation efforts will be in collaboration with local and state public health officials to ensure the safety of students and staff. Centers of Disease Control and Prevention (CDC), Georgia Department of Public Health (DPH), Georgia Department of Education (GADOE), local Board of Health (BOH-Fulton and Dekalb) will serve as resources to develop and revise school health guidance. Contact tracing will be implemented based on the Georgia Department of Public Health (DPH) and local Boards of Health (Fulton and Dekalb) Guidelines for reportable diseases.

#### What are the health and safety procedures for positive cases?

Due to privacy requirements, APS <u>will not identify</u> any individual who tests positive for COVID-19.

- If a student or staff person test positive, information is reported to HR and health services
- Employees follow guidelines provided by their healthcare provider.
- District prepares and provides a communication letter to send home to parents. Phone calls are also made in follow up for individuals identified as close contact.
- The district, in consultation with the local boards of health, provides names of individuals determined to have been in close contact for case consultation.
- Depending on the outcome of the investigation, a determination is made as to whether partial closure is needed or whether select individuals need to be quarantined.
- Symptomatic persons with confirmed COVID-19 can return after:
  - At least 10 days have passed since the COVID symptoms first appeared,

- Resolution of fever without use of fever reducing medication
- Improvement in respiratory and other symptoms such as vomiting, nausea and diarrhea
- Asymptomatic persons with confirmed COVID-19 can return to school after:
  - At least 10 days have passed since the positive laboratory test result and the person remains asymptomatic.

Asymptomatic persons who test positive and later develop symptoms should follow the guidance for symptomatic persons (see above)

#### **Exposure of Close Contact:**

Generally close contact with a sick person puts you at higher risk of exposure and getting infected: Close contact includes but is not limited to the following:

- Living in the same household as a sick person with COVID-19
- Caring for a sick person with COVID-19
- Being within 6 feet of a sick person with COVID-19 for about 15 minutes
- Being in direct contact with secretions from a sick person with COVID-19 (being coughed on, kissing, sharing utensils, etc.)

Persons who have been exposed to COVID-19 can return to school after: 14 days have passed since last known exposure, individuals should be advised to follow the Department of Public Health guidance.

## **COVID-19 Symptoms:**

- Fever (measure temperature above 100.4 degrees Fahrenheit or you feel feverish)
- Chills
- Coughs
- Shortness of breath or difficulty breathing

- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

#### **Symptomatic Persons**

Persons with symptoms not suspected to be COVID-19 related (due to alternate diagnostic, etc.) may return:

 After 24 hours of symptoms improvement Persons with symptoms suspected to be COVID-19 related may return: (have been exposed to a person with COVID-19 or live in an area with local or widespread transmission)

- At least 10 days since symptoms first appeared AND until no fever for at least 3 days without medications AND improvement of other symptoms
- Siblings and household members also stay home for 14 days OR
- Release from medical doctor documenting an alternate diagnosis

#### What are Care Rooms?

Kimberly Elementary will provide a designated area as a Care Room using the APS guidelines outlined below:

- Staff or students that present with symptoms of communicable disease (fever, cough, runny nose) during health screening should be evaluated by the school nurse for further follow up.
- If symptoms are confirmed, symptomatic individuals will be escorted to the designated area at the school and parents will be contacted for pickup and provided further guidance by the school nurse. Schools will ensure symptomatic students safely remain under the supervision of a staff member until parents or guardians arrive.
- Individuals presenting with a fever cannot return until symptom-free for 24 hours without fever reducing medication. If a healthcare provider suspects COVID-19 they should remain out of school and follow the "Return to School and Childcare Guidance After COVID-19 Illness or Exposure" found on the CDC website: <a href="https://www.cdc.gov/coronavirus/2019-ncov/community/schools-child-care/decision-tool.html">https://www.cdc.gov/coronavirus/2019-ncov/community/schools-child-care/decision-tool.html</a>
- Cleaning and disinfection of the designated space will take place within 24 hours following the students departure per DPH guidelines.

APS has compiled information from the Centers for Disease Control (CDC), the Board of Health, and other health officials on its Coronavirus webpage at <a href="https://www.atlantapublicschools.us/coronavirus">www.atlantapublicschools.us/coronavirus</a>.

# STRONG4LIFE Children's Healthcare of Atlanta

# How to Screen Your Child for COVID-19 Symptoms

As parents, we're always mindful of how our children are feeling before they go to school. But this year we'll have to pay more attention than ever to do our part to minimize the spread of germs.

# Symptoms checklist

Follow this checklist at home each day to screen your child for symptoms before leaving for school:

- Cough
- Nasal congestion or runny nose
- Sore throat
- Diarrhea
- Nausea or vomiting
- Headache
- Loss of appetite

#### Fatigue

- Muscle pain or soreness
- ☐ Temperature greater than 100.4°F or chills
- Shortness of breath or difficulty breathing
- New loss of taste or smell

If your child is experiencing any of the above symptoms, do not send them to school and consult with their healthcare provider to determine whether or not they need medical care.

Your child should **not** return to school if:

- · They are experiencing any of the symptoms listed above.
- · They are taking medication to reduce fever.
- They have a known exposure (close contact) with an infected person.

Exposure or close contact includes living in the same household, being within 6 feet of the person for 15 minutes or longer, or being in direct contact (e.g., sharing utensils, coughing, sneezing, kissing, etc.).

# Going back to school safely

- Give yourself plenty of time to get through the screening checklist before you leave so no one feels rushed.
- Use the same thermometer on the same spot each day for consistency. Any type of thermometer will do, but if you take their temperature orally (by mouth), make sure they don't eat or drink anything 15 minutes prior.
- Introduce your child to masking as early as possible and practice at home.
- Remind your child to wash their hands frequently, and make it a part of your daily routine.

The information provided is only a recommendation. Be aware of and follow your school or district's guidelines for reporting exposure and returning to school. Please refer to CDC.gov for an updated list of symptoms.

For more tips and expert advice, visit Strong4Life.com/reopening.

# Cómo examinar a tu niño para saber si presenta síntomas del Covid 19



Como padres, siempre queremos saber cómo se sienten nuestros niños antes de ir a la escuela. Sin embargo, este año tendremos que prestar más atención que nunca para poder minimizar la propagación de gérmenes.

## Listado de síntomas

Sigue esta lista de cotejo en casa cada día y verifica que tu niño no presente alguno de estos síntomas antes de ir a la escuela:

- ☐ Tos
- Congestión nasal o nariz tupida
- Dolor de garganta
- Diarrea
- Náusea o vómitos
- Dolor de cabeza
- Pérdida de apetito

#### Fatiga

- Dolor en los músculos o inflamación
- ☐ Temperatura más alta de 100.4°F o escalofríos
- Dificultad para respirar
- Pérdida reciente del gusto u olfato

Si tu niño está experimentando cualquiera de estos síntomas, no lo envíes a la escuela y consulta con su proveedor de cuidado médico para determinar si necesita o no atención médica.

Tu niño no debe regresar a la escuela si:

- Está experimentando cualquiera de los síntomas mencionados arriba.
- Está tomando medicamentos para reducir la fiebre.
- Ha estado expuesto (en contacto directo) con una persona infectada.

Exposición o contacto directo incluye vivir bajo un mismo techo, estar a una distancia menor de 6 pies de una persona infectada durante 15 minutos o más, o estar en contacto directo (por ejemplo, compartir utensilios, toser, estornudar, besar, etcétera).

# Regreso a la escuela de una manera segura

- Saca suficiente tiempo para revisar esta lista de cotejo antes de salir de casa para que así nadie tenga prisa por salir.
- Usa el mismo termómetro en el mismo lugar cada día para que sea consistente. Cualquier tipo de termómetro funciona, pero si tomas la temperatura oralmente (por boca) asegúrate de que tu niño no tome o coma nada 15 minutos antes.
- Acostumbra a tu niño a usar su máscara tan pronto sea posible y practiquen juntos cómo ponérsela.
- Recuérdale a tu niño que se lave las manos frecuentemente, y háganlo como parte de la rutina diaria.

La información provista es solo una recomendación. Conoce y sigue las guías de tu distrito escolar para informar sobre exposiciones al virus y el regreso a la escuela. Por favor, visita CDC.gov para ver el listado más reciente de síntomas.

Para más consejos y ayuda experta, visita Strong4Life.com/reopening.