

# 10 things you can do to prepare for returning to the classroom

**1 Practice hand hygiene** often throughout the day. Teach your children to sing the ABCs or have them count for at least 20 seconds ensuring they wash front, back, and in between their fingers.



**2 Practice putting a mask on/off.** Your child will be required to wear a mask at all times during the school day, including while on the bus. Masks may only be removed while outdoors or while eating and drinking. If your child has a medical condition prohibiting them from wearing a mask, please provide a signed note from a physician to your school nurse.



**3 Practice at least three feet** of physical distancing. Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual.



**4 Check your child's temperature** every morning. If 100.4 or higher, they must stay home. Please call your school attendance line and report any symptoms your student has.



**5 Make/purchase extra masks.** When possible, masks should only be worn one day and then washed in hot water and dried on HIGH heat. RUSD will provide each student with two cloth face masks.



**6 Update immunizations.** Contact your child's pediatrician for an appointment. Immunizations may also be obtained at the local Health Departments.



**7 Change aerosolized medication.** Nebulizers aerosolize viral particles and are discouraged. Speak with your child's pediatrician to obtain an albuterol inhaler with a spacer and to update their Asthma Action Plan.



**8 Purchase a reusable water bottle** to be brought to school. Water fountains will be turned off, but bottle fillers will be available.



**9 Verify/update emergency contacts.** If your child presents with COVID-like symptoms, they will be placed in a precautionary room and will need to be picked up immediately. Please ensure a contact can be reached at any given time.



**10 Stay informed.** Educate yourself from reliable sources such as the CDC and WI Department of Health.

