

# Student Checklist | Safe Practices

Identify your school's point person(s) to contact if your child gets sick.

Name of School Point Person(s):

Contact Information:

## Aspirus COVID Hotline: 1-844-568-0701

- Check in with your child each morning for signs of illness.
- Know where to call if your child develops symptoms and needs to be tested.
- Make sure your child is up to date with all recommended vaccines, including for flu.
- Review and practice proper hand-washing techniques, especially after eating, sneezing, coughing, and adjusting face covering.
- Be familiar with how your school will make water available during the day. Consider packing a water bottle.
- Develop daily routines before and after school, for example; things to pack for school in the morning (like hand sanitizer and back up cloth coverings) and things to do when you return home (like washing hands immediately).
- Develop a plan as a family to protect household members who are at increased risk for severe illness.
- Make sure your information at school is current, including emergency contacts and individuals authorized to pick up your child(ren) from school.
- Be familiar with your school's plan for how they will communicate with families when a positive case or exposure to someone with COVID-19 is identified and ensure student privacy is upheld.
- Plan for possible school closures or periods of quarantine.
- If your child receives mental health or behavioral services, ask your school how these services will be continued.
- Reinforce the concept of physical distancing with your child.
- Be familiar with your school's plan for physical education and physical activities like recess.

