

TIPS FOR FAMILIES

HOW TO SAFELY PREPARE THE RETURN TO SCHOOL WITH YOUR CHILDREN DRAFT OF A POSSIBLE CHECKLIST TO BE MODIFIED AND INTEGRATED AS REQUIRED

1. Check the temperature

Check your child every morning for signs of illness. If his/her temperature exceeds 37.5 degrees, he/she cannot go to school.

If your child is not at school, phone and inform the school about the reason for his/her absence

2. Check that the child is well

Make sure he/she does not have a sore throat or other signs of illness, such as coughing, diarrhea, headache, vomiting or muscle pain. If he/she is not in good health, he/she cannot go to school.

3. No school if the child has had contact with positive cases

If he/she has had contact with a COVID-19 case, he/she cannot go to school. Please follow the Health Department's quarantine guidelines carefully.

4. Inform the school who to contact

If you have not already done so, inform the school which people to contact in case your child does not feel well at school: names, surnames, phone or mobile phone numbers, places of work, any further information useful to speed up the contact . Please provide the school with at least two people's phone numbers that are always available.

5. Attention to hygiene

At home, practice and make the correct handwashing techniques, especially before and after eating, sneezing, coughing, before adjusting the mask and explain to your child why it is important. Make it fun for children.

6. Get bottles with the name

Provide your child with a bottle of water identifiable by first and last name.

7. Teach the importance of routine

Develop daily routines before and after school, e.g. decide exactly what to put in the schoolbag in the morning (such as an extra mask) and what to do when coming back home (wash hands immediately, where to store the mask depending on whether it is disposable or washable; ...).

8. Talk to your child about precautions to be taken at school:

- Wash and disinfect hands more often.
- Keep physical distance from other students.
- Wear a mask.
- Avoid sharing objects with other students, including water bottles, devices, writing instruments, books...

- Take to school everything you need during the lessons (school things, books, diary etc.)

9. Talk to the school

Find out how the school will inform the families about a possible case of COVID-19 infection and the rules that will be followed in such cases.

10. Think about transport

Plan and organise your child's transportation to and from school:

- Be punctual when entering and leaving school.
- If your child uses public transport (bus), prepare him/her to always wear a mask and not to touch his/her face with his/her hands without first disinfecting them. If he/she is a little child, explain that he/she cannot put his/her hands in his/her mouth. Make sure that he/she understands the importance of following the rules on board.
- If he/she goes in the car with other schoolmates, accompanied by the parents of one of them, explain that he/she must always follow the rules: mask, distancing, hand cleaning.

11. Be a good example

Reinforce the concept of physical distancing, cleaning and use of a mask, always providing a good example.