



10 Things You Can Do to Prepare for Back to School

1. Practice Hand Hygiene

Practice often throughout the day. Teach children to sing their ABCs or have them count for at least 20 seconds. Ensure they wash the front and back of hands, including in between fingers.



2. Practice Putting Mask On/Off

Your child will be required to wear a mask on the bus and in school. Mask breaks will be provided. Teach them to not touch the inside of their mask.



3. Practice 6 feet of Distance

Measure the distance on the floor. Consider temporarily laying pieces of paper down for a visual.



4. Purchase a Thermometer

Check your child's temperature every morning. If 100.0 or higher, they must stay home until fever free (without the use of fever-reducing medication). If they develop a fever at school, they will be required to remain home per CDC and Quincy guidelines.



5. Make/Purchase Extra Masks

Consider making or buying multiple properly fitting masks to give enough time to wash in between use.



6. Update Emergency Contacts

If your child presents with COVID-like symptoms, they will be placed in a medical waiting room and will need to be picked up immediately. Please ensure a contact can be reached at all times.



7. Change Aerosolized Medication

Inhalers will be administered by a spacer in school. Speak with your child's pediatrician to obtain the proper medication order and spacer.



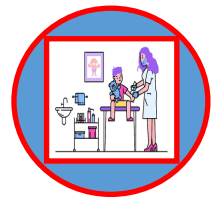
8. Purchase a Reusable Water Bottle

Bring to bottle to school filled with fresh water every day. Water fountains will not be in service.



9. Update Immunizations/Physical

Both are required by MA Dept. of Public Health to enroll for the school year. Contact your child's pediatrician for an appointment. Immunizations may also be obtained at local Urgent Care, Minute Clinic and Health Express facilities.



10. Stay Informed

Educate yourself from reliable sources such as the CDC, MA Department of Public Health and www.healthychildren.org

