

Prevention Measures to Keep our students healthy

January 31, 2022

Guidelines for Parents and Guardians

Before school

- Take your child's temperature and check your child for symptoms every day before they go to school or extracurricular activities. Look for:
 - Fever or chills
 - Cough
 - Fatigue
 - Muscle or body aches
 - Sore throat
 - Headache
 - New loss of taste or smell that started in the last 10 days (children may say that food "tastes bad" or "tastes funny.")
 - Shortness of breath or difficulty breathing
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

If your child or anyone in the household has any of these symptoms, follow [WCHD Guidelines](#) about staying home and being evaluated for COVID.

- Notify your child's school they are sick and let them know if they have COVID.
- If your child has had **close contact** with someone who has COVID, review the [WCHD Guidelines](#) to determine what steps to take. Consider your child's ability to consistently and correctly wear a mask.

On the bus

- Per federal order, all students must wear masks on buses, including travel for sports and other extracurricular activities.

At school

- Wear a mask
 - Masks reduce the risk of inadvertently exposing others to COVID if your child becomes a case.
 - COVID can be spread up to 48 hours before a person shows symptoms.
 - Consistent and correct mask use has been shown to reduce the risk of getting sick if exposed to COVID.
- Encourage your child to wash their hands regularly.

All the time

- Monitor COVID cases in the community to inform the activities that your children do.
- Utilize [prevention strategies](#) to reduce the risk of disease transmission.
- Being vaccinated is the best way to protect your child from COVID-19. Children 5 years old and older are currently eligible to be vaccinated. If your child is already vaccinated, ensure their vaccines are [up-to-date](#).
 - Having [up-to-date](#) vaccines reduces the risk of COVID infection.
 - Keeping COVID vaccines [up-to-date](#) reduces the risk of severe illness by more than 90%.
 - It's perfectly normal to have questions about your child's care. Talk to your pediatrician or family medicine provider if you do.