



## 10 Things to Do Before Returning to School

### PRACTICE HAND HYGIENE



Teach your child to sing the ABCs or count for at least 20 seconds and use proper technique [Handwashing: A Family Activity](#) and [Videos / Handwashing](#)

### UPDATE IMMUNIZATIONS

Ensure your child's immunizations are up to date and plan to get the flu shot early this year [CA Immunization Requirements](#)



### FACE COVERINGS

Students will be required to wear a face covering on the bus, upon entering school, in the classroom, and on the playground. When possible, face covers should be washed daily. Consider making or buying multiple face covers so you have time to wash them between use. [How to Make Cloth Face Covers](#) ; [How to Wash a Cloth Face Covering](#) ; and [How to Safely Wear and Remove a Face Covering](#)



### UPDATE MEDICAL RECORDS & PROVIDE DOCUMENTATION



Contact your child's physician if you have concerns for returning to school and need more support. Provide documentation if your child has a chronic illness and/or requires medication during the school day.

### COVID-19 TESTING

Recommend having your child tested for Covid-19 the week prior to starting back on campus and approx. one week after any possible or known exposure during holiday breaks. Free and routine testing is available through the [San Mateo County Public Health Department](#).



### PROVIDE A REUSABLE WATER BOTTLE

Have your child bring a reusable water bottle to school. Drinking fountains won't be in service.



### DAILY SYMPTOM CHECKS

You will be required to check your child's temperature and symptoms each day before school. If your child has any signs of illness or a temperature of 99.6F or higher, they must stay home and your school office must be notified. Children will have their temperature taken prior to entering the school building. [PVSD COVID Daily Health Screener](#)



### VERIFY & UPDATE EMERGENCY CONTACTS

If your child presents with COVID-like symptoms, they will be placed in an isolation area/room and will need to be picked up immediately. Please ensure that a contact can be reached and can pick up your child from school within 15 - 30 minutes.



### KEEP PHYSICAL DISTANCE (6 FT)

Review physical distancing with your child. Consider measuring the distance on the floor and temporarily laying pieces of paper down for a visual.



### STAY INFORMED

Educate yourself from reliable sources such as the CDC and San Mateo County Health. [Coronavirus Resources - SMC Health](#) and [Coronavirus CDC, CDC Back to School Decision Making Tool](#).



For a detailed description of PVSD's requirements go to: [PVSD REOPENING PLAN](#)