



## Back to School Parent Checklist

As your child prepares to return to school, it is important to keep in mind that this school year will look different. While every school will have their own back to school plan, and these plans may change throughout the year, there are steps you and your student can take now to help stop the spread of COVID-19. From rehearsing healthy habits to getting regular health checkups and having the right supplies on hand, together, we can take steps to ensure your child has a healthy and safe school year.

### School Guidelines

*Parents should expect to hear updates from their student's school over the summer and throughout the school year. Review the guidelines and discuss how you'll adapt to each.*

- Learn and discuss the school's plans with your student to help them prepare for how this school year will be different. Changes may include:
  - Adjusted schedules
  - Face covering requirements
  - Screening and fever policies
  - Physical distancing at school

### Recommended Supplies

*Along with your school's school supply list, make sure your child is prepared with supplies to help stop the spread.*

- Face coverings
- Hand sanitizer containing at least 60% alcohol
- Tissues
- Disinfecting wipes
- Thermometer

### Healthy Habits

*Help your student understand how viruses like COVID-19 spread, and things they can do to stop the spread. Prepare by rehearsing healthy habits at home before school starts so they will be second nature by the time school starts.*

- Practice physical distancing
- Cover coughs or sneezes with a tissue or with a sleeve
- Wash hands often with soap and water for at least 20 seconds
  - After going to the bathroom
  - Before eating
  - After blowing your nose, coughing, or sneezing
- Stay home if you feel sick or have a fever

### Vaccines

*Remember that COVID-19 isn't the only illness that can spread at school. Students will still need to have their regular vaccinations. It is also especially important that students have a flu vaccine this year.*

- Check the schedule of required vaccines for Missouri students
- Make a vaccination appointment with your pediatrician or local public health office as soon as possible

