

10 IMPORTANT WAYS TO PREPARE YOUR CHILD FOR SCHOOL



1

PRACTICE WEARING A FACE COVERING

Cloth face coverings help reduce the chance of spreading viruses. Have your child start to practice wearing a face covering so they feel comfortable wearing one at school.



2

TALK ABOUT SOCIAL DISTANCING

Using simple language and concepts is the best approach for children ranging from toddler to tween. We can still wave hello or give an "air five" to our friends while being physically distant!



3

PRACTICE HAND WASHING CORRECTLY

Hand washing is one of the best ways to help stop the spread of germs. Make sure your child knows to scrub all parts of their hands for 20 seconds. They can sing the ABC song or make it a game!



4

REFILL MEDICATIONS AND FORMS

Reach out to your child's pediatrician to get medications refilled. You will also need to have new Emergency Action Plans and Permit to Administer Medication forms as they are required annually.



5

ASTHMA MEDICATIONS

Discuss options with your child's physician about inhaled medications as a nebulizer or inhalers without a spacer is an aerosol producing procedure. An inhaler with spacer is recommended.



6

INVEST IN A THERMOMETER

Check your child's temperature often. Your child must stay home if they have a fever 100.0 F or greater. They will be required to stay home for 3 days, and must maintain a normal temperature without Tylenol or Motrin.



7

HAVE A PLAN TO STAY HOME IF YOU'RE SICK

Have a plan in order in the event your child becomes ill. It will be important to make sure emergency contacts are up to date in Skyward. Make sure they are someone who is local and able to pick your child up if needed.



8

GET A WATER BOTTLE AND EASY OPEN SNACKS

Make sure your child has a water bottle that can be reused as water fountains may not be accessible. Work with your child to make sure they are able to open up snack packages, and consider containers/bags that can be easily opened.



9

UPDATE PHYSICALS AND IMMUNIZATIONS

Texas DSHS school vaccination rules are in effect regardless of whether the education is received via virtual learning or on campus. Make sure your child's immunizations and physicals are current.



10

STAY UP TO DATE WITH FORT BEND ISD

Look for any district updates on the Fort Bend ISD website, social media, and email communications. You can see how the District is fulfilling its mission during the COVID-19 Pandemic at: www.fortbendisd.com/reimagined