

Head Start Parents Guide to COVID-19 Precautions

DO NOT SEND YOUR CHILD IF THEY HAVE:

- A sore throat or other signs of illness, such as a cough, diarrhea, severe headache, vomiting, or body aches
- A temperature of 100.4 degrees or higher
- Had close contact with a COVID-19 positive person

THINGS TO DO:

- Practice good handwashing techniques at home, such as before and after eating, sneezing, coughing, and adjusting a face cover.
- Make sure your child is up-to-date on all well-child exams and immunizations. The flu vaccine is especially important this season to help prevent compromising your child's immune system.
- Update your information at Head Start, especially your phone number. Make sure your emergency contacts and pick-up authorizations are correct at all times.
- Be on time for drop off and pick up for your child's class.
- Be mindful of others space as you drop off and pick up your child.
- Make handwashing and wearing a mask fun! Explain to your child why these things are important for their health.
 - ❖ Praise your child for correctly wearing their face covering
 - ❖ Put a face covering on stuffed animals
 - ❖ Draw a face covering on a favorite book covering
 - ❖ Show pictures of other children wearing face coverings
 - ❖ Practice putting on and taking off face covering

THINGS NOT TO DO:

- ✓ Send your child to school sick
- ✓ Provide a face covering (teachers will have face coverings and clean them)