We are excited to be welcoming students back to school soon! Everyone’s health and safety is our top priority and we need your help reminding your child what they can do to help keep themself and everybody else safe. Please review the following strategies with your child before the return to partial in-class instruction begins and each day before they are scheduled to attend.

1. **Monitor Symptoms**
   - Assess your child daily for symptoms associated with a common cold, flu, or COVID-19 before sending them to school each day.

2. **Wash Your Hands**
   - Remind your child to wash their hands with soap and water for at least 20 seconds:
     - before leaving home for school, and on arrival at school.
     - after using the washroom.
     - after breaks and outdoor activities.
     - before and after eating food.
     - before leaving school for the day.
   - Here is the link to BCCDC’s Hand Washing Poster.

3. **Don’t Share Germs**
   - Remind your child to:
     - sneeze or cough into their elbow (you may need to demonstrate for younger children) or use a tissue.
     - throw out used tissues right away.
     - wash their hands right after.
   - Also remind your child to avoid sharing food, drinks and personal items (e.g. devices, toys, equipment).

4. **Reduce Physical Contact**
   - Remind your child to keep far enough away from other people that they don’t come into contact with them.
   - Remind them to avoid close greetings like hand shakes or hugs.

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