

REOPENING RI

Preparing kids for a safe return to school

Parents and other adults can do these simple and fun things to help kids stay healthy and safe from COVID-19. Remember the **three W's**:

**WEAR
YOUR MASK**

**WASH
YOUR HANDS**

**WATCH
YOUR DISTANCE**

WEAR YOUR MASK

- **Explain why kids need masks.** Help them understand that masks help prevent the spread of droplets from their noses and mouths that can carry COVID-19. Masks help them be superheroes by keeping other people safe!
- **Together, look at other people who wear masks.** Wearing a mask was cool before COVID-19! Superheroes, doctors, dentists, and firefighters all have to wear masks at times for their work.
- **Choose masks that fit!** Masks should be at least two layers thick and fit snugly over a child's nose, mouth, and chin without any gaps. Kids should not use loose-fitting bandanas, face shields, masks with valves, or neck gaiters that are only one layer thick.
- **Practice wearing masks at home.** Kids react differently to masks. Some like them, others don't. That's okay! To help kids get used to masks, practice wearing masks at home together.
- **Send kids to school with an extra mask.** We all forget things at times, including kids. An extra mask in a child's backpack, desk, or locker will come in handy if they can't find theirs!



Masks should NOT be worn by kids younger than age two, who have trouble breathing, or who can't remove a mask without help.

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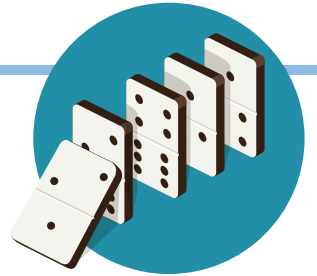
WASH YOUR HANDS

- **Remind kids when they should wash their hands.** Kids should wash their hands after they touch things other people have touched. They should also wash their hands **before** touching their face and eating, and **after** going to the bathroom, blowing their nose, coughing, or playing outside.
- **Teach kids the five steps of handwashing.** Wet, get soap, scrub, rinse, and dry—one step for each finger on a hand! Help kids learn to wash their hands the right way by remembering each of these five steps.
- **Pick a hand-washing song!** It's important that kids learn to wash their hands for 20 seconds. Help them pick a song so they know how long 20 seconds is. Singing Happy Birthday twice is a great choice!
- **Send kids to school with hand sanitizer.** Hand sanitizer is like a hand washing sink a child can carry around and use any time!



WATCH YOUR DISTANCE

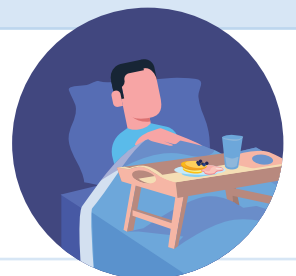
- **Teach kids about social distancing with dominoes.** You can help kids understand why it's important to watch their distance during COVID-19 with dominoes. When we are close together, we can all get sick. If we give each other space, we are less likely to get germs from each other.
- **Teach kids how far six feet is.** Six feet is two jumps for most kids. Practice jumping with a child so they know how far six feet is. Or measure six feet in different places at home with a piece of colorful yarn or string.



And watch what you touch

- **Teach kids not to share food or drinks or trade lunches.** This can easily spread COVID-19.
- **Disinfect items that you—and others—touch frequently.** That includes computer keyboards, cell phones, TV remotes, doorknobs, and toys. Wipe them down regularly with a disinfectant.

Help kids feel comfortable talking about how they feel. It's important that you know right away when they don't feel well. Keep them home from school as soon as they feel sick. Prepare for them to be home sick more often and longer.



09/10/2020

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