



Weill Cornell Medicine

Be Back-to-School Ready

As the school year begins, help protect your children from COVID-19 and other viruses they could encounter in the classroom.

Make thorough handwashing a habit.

- **After** the bathroom
- **Before** and after meals
- **20 seconds** each time



Resist the urge to share.

Do not share your food and drinks with friends.

- Have fun with friends, but try **not to get too close** to avoid transfer of germs.
- Keep your **hands to yourself**.

Review symptoms of COVID-19, including:

- **Chills** and **fever**
- **Dry cough**
- **Loss of taste** and smell
- **Muscle aches**
- Shortness of **breath**



Sick? Stay Home.

If your child is not feeling well, let her stay home. Give your child time to rest and avoid possibly spreading an illness to others.

Have masks?

Make sure your family has a stock of ready-to-use, clean masks for your kids to take to school.



Know the layout.

Many schools have established traffic flow patterns into and out of buildings and classrooms. **Review these guidelines so your kids know where to go.**

Set up your home for success.

Wondering if learning will go online during the school year? **Prepare for online learning by setting aside a quiet workspace in your home where your child can concentrate.**



Visit <https://weillcornell.org/services/pediatrics> to find a pediatrician who can help your family stay healthy.



Weill Cornell Medicine