

Back-to-School Safety During COVID-19:

Tips for Families, Guardians, and Caretakers



Social isolation and school closures have added a lot of stressors to children's lives. You can help them cope and keep them S.A.F.E. through SUPPORT, ACTION, FACTS, and ENGAGEMENT.

Support

- Support your child in speaking up if they have questions, are scared, or feel bullied.
- Try to keep up with regular routines and be a role model for your child on ways to take a break when frustration sets in.
- Spend meaningful time with your child.
- Seek professional help if you have any concerns about their mental health.
- Call the National Suicide Prevention Lifeline if your child confides thoughts of suicide: 800-273-8255.

Action

- Ensure your children are up to date on their vaccinations. Contact your child's healthcare provider to discuss what vaccinations are missing or out-of-date and what actions you should take to get them caught up. Visit the CDC website to review the [Recommended Child and Adolescent Immunization Schedule](#) for ages 18 or younger.
- Vaccinate your child against the flu. If they are 12 or older, get a COVID-19 vaccination for your child. Get your COVID-19 and flu shots if you have not already.
- Teach and model good hygiene practices. Make sure all household members clean their hands with soap and water or alcohol-based hand sanitizer after using the restroom, before and after food preparation, before and after meals, after playing with pets or coming in from outside, and anytime they look soiled.
- Teach household members to keep hands away from their eyes, mouth, and nose.

- Cover coughs and sneezes with a tissue or your sleeve and then clean your hands right afterward.
- Keep children home when sick to avoid bringing germs to school that could make others sick.
- Follow CDC COVID-19 prevention recommendations about indoor mask wearing, quarantine, isolation, and social distancing.
- Make sure your child knows how to wear their mask properly and provide them with a clean mask each day.

Facts

- Knowledge is power...follow the science!
- Get your facts about COVID-19 from trusted sources such as healthcare providers, public health department websites, and the Centers for Disease Control and Prevention (CDC). Reliable sources use data and evidence to back up their claims.
- Word of mouth, social media, and friends are not always the best source for health information.

Engagement

- Talk with your child about ways to stay safe in class and explain the "why" behind your advice. Encourage them to ask questions.
- Engage school personnel, including school nurses, on what they are doing to keep your child safe and how you can help.
- Talk to your employer about options if you or your child become sick—be prepared.

RESOURCES

Anyone could be struggling with suicide. National Suicide Prevention Lifeline. <https://suicidepreventionlifeline.org>

Back-to-School: Helping Students Thrive. Centers for Disease Control and Prevention. https://www.cdc.gov/healthyouth/back-to-school/index.htm?s_cid=hy-feature-b2s021

Can I Send My Student to School? National Association of School Nurses. <https://schoolnursenet.nasn.org/covid19ref/featured-content/interactive-send-student-school>

COVID-19 & Students: Frequently Asked Questions. National Association of School Nurses. <https://schoolnursenet.nasn.org/covid19ref/featured-content/interactive-faq>

Helping Children Cope. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/for-parents.html>

Recommended Child and Adolescent Immunization Schedule for ages 18 years or younger. Centers for Disease Control and Prevention. <https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html>

Return to School Video Series. National Association of School Nurses. <https://www.nasn.org/nasn/nasn-resources/practice-topics/covid19/nasn-return-to-school-video-series>

Transmission of SARS-CoV-2 in K-12 Schools and Early Care and Education Programs-Updated. Centers for Disease Control and Prevention. https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/transmission_k_12_schools.html



The Association for Professionals in Infection Control and Epidemiology (APIC) is creating a safer world through the prevention of infection. APIC's nearly 16,000 members develop and direct infection prevention and control programs that save lives and improve the bottom line for healthcare facilities. APIC advances its mission through patient safety, education, implementation science, competencies and certification, advocacy, and data standardization. Visit us at apic.org.

1400 Crystal Drive, Suite 900
Arlington, VA 22202
www.apic.org

