



# Welcoming Students Back: What Families Can Do

AACPS follows the professional and expert recommendations of local, state health officials, and the Centers for Disease Control and Prevention (CDC) to make informed decisions regarding the health and safety of students, staff, and visitors.

Please note that public health data and information which informs such recommendations are subject to change. AACPS will make modifications in accordance with local, state, and federal requirements.



## Health

- **Students' temperatures must be checked at home daily** before coming to school. If your child's temperature is 100.4° or higher, they must not attend school.
- **Other symptoms that should prompt staying at home** are cough, shortness of breath, difficulty breathing, new loss of taste or smell, chills or shaking chills, muscle aches, sore throat, headache, nausea or vomiting, diarrhea, fatigue, and congestion or runny nose.  
If a student has any of these symptoms, they must not attend school and the school must be immediately notified. A healthy student checklist is available at [www.aacps.org/safetyprotocols](http://www.aacps.org/safetyprotocols). If a student develops or presents symptoms while at school, parents/guardians will be asked to promptly pick up their student.
- If a **student has been in close contact with someone who has COVID-19, the child must not**

**come to school without advice from the county health department.**

- Make sure that **your child's immunizations are up to date.**
- **Consider flu shots** for your family.
- **Pack water, hand sanitizer, an extra cloth face covering, and other materials that cannot be shared.**
- **Remind your children of proper and frequent hand washing.**
- **Teach your child about appropriate distancing**, helping them to understand what maintaining a safe distance of space from others looks like.
- **Review AACPS' suite of safety protocols and facilities adjustments** to be familiar with the steps taken by staff to keep students safe.
- **Continue healthy habits** like eating a balanced diet, exercising, and getting plenty of sleep.



## Face Coverings in School

- Per CDC guidelines, **cloth face coverings should be worn at all times**, by all persons in school facilities, with exceptions for certain persons who, because of a disability, cannot wear a mask or wear a mask safely, or for certain settings such as while eating or drinking.
- Choose face coverings with **breathable material that fit snugly**, but comfortably over the nose and mouth.
- **Neck gaiter and other similar products** are not acceptable as cloth face coverings.
- **Label your child's face covering.**
- Help your child understand that **wearing a face covering may help prevent others from getting sick.**
- Show your child how to **carefully place and remove their face covering with clean hands.**
- Students will be expected to **wear a cloth face covering except when eating meals.** Face coverings must be worn at the bus stop and traveling on a bus to school. More information about bus procedures can be found at [www.aacps.org/spring2021](http://www.aacps.org/spring2021).
- Face coverings must be **worn over the nose and mouth and securely around the face.**
- **Before putting on the face covering, hands should be clean** (soap and water or hand sanitizer)
- Face coverings **should not be touched while being worn** and should only be removed with clean hands.
- Face coverings **should not be worn while wet**, as doing so could make it more difficult to breathe.
- Cloth face coverings **should be washed after every use.**

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## Be Well – Mental Health

- **Talk to your child about their feelings around going back to school.** Help them to understand that their classrooms and interactions will be different. School staff will help them adjust by providing lessons and encouragement on new school procedures.
- **Stay connected with your child's school.** School staff value relationships, especially during times of uncertainty and unfamiliarity.
- **Reach out to your child's school counselor** or visit [www.aacps.org/crisisresources](http://www.aacps.org/crisisresources) for support.
- Review the Confirmed Case guidance protocol at [www.aacps.org/safetyprotocols](http://www.aacps.org/safetyprotocols) to fully understand **what happens if your child's school is affected by a laboratory confirmed case of COVID-19.**
- **Remember that you are not alone.** AACPS is made of many resilient and kind individuals who make a mighty awesome community.

