

AUGUST 2020

# Parents Page

## New Rules for Back-to-School

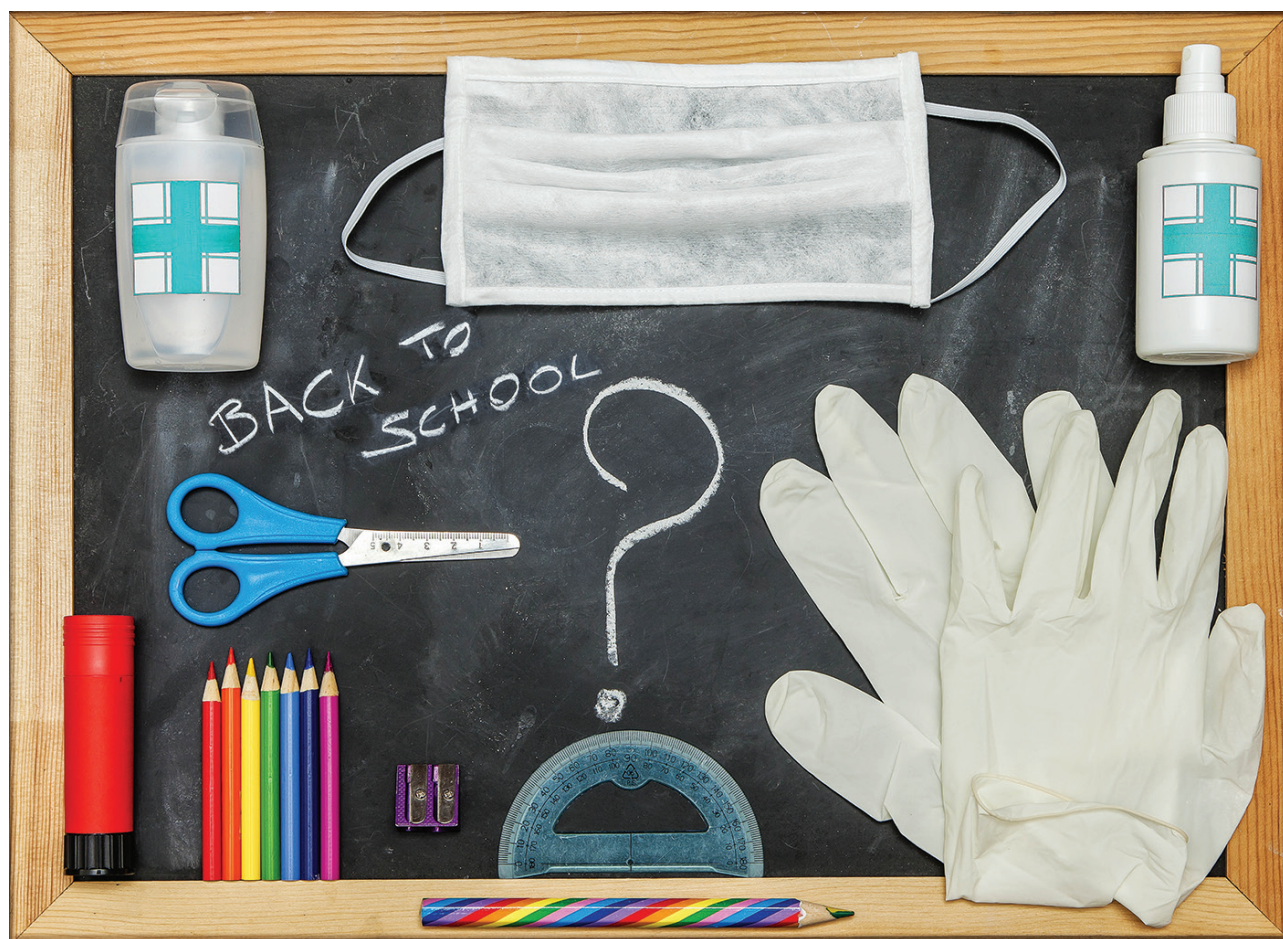
### Information about Covid-19 for Parents

A little information on COVID-19 for parents as we look towards the coming school year. As many parents are aware, this coming school year will be different from any year we have seen in the past. As schools work hard to comply with the ever-changing requirements, here are some tips for parents to prepare. First, please be patient with the teachers and staff. They do not make the rules/laws and they are working hard to comply with regulations, along with keeping our kids healthy and in school. This is not easy any year but even more so in the new world of COVID-19.

### Face Coverings

Although this is challenging for many, cloth face coverings are meant to protect other people in case the wearer is unknowingly infected but does not have symptoms. Cloth face coverings are not surgical masks, respirators, or other medical personal protective equipment.

Face Covering should be worn by all students and are most essential in times when physical distancing is difficult to maintain. Kids should be frequently reminded not to touch the face covering and to wash their hands frequently. **Note: Cloth face coverings should not be placed on children younger than 2 years old**



### Hand Hygiene and Respiratory Etiquette

Teach and reinforce handwashing with soap and water for at least 20 seconds. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol can be used. Encourage students to cover coughs and sneezes with a tissue. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds or use alcohol-based hand sanitizer.

As we close, keep in mind that this virus does not discriminate and those who become infected with this virus are people just like you and me. The schools, parents, and students will be directed by the public health department on the appropriate action that will need to be taken including when to isolate/quarantine, when to seek medical care, and when they can return to school. (Remember to remain patient with the schools and healthcare providers as we continue to make adjustments with recommendations as the best information available to us will continue to change). Please feel free to contact your healthcare provider or the health department for any questions or concerns you may have.

### Immunizations

It's that time of year again! As we prepare for our kids to go back to school, making sure they are up to date on their immunizations is even more important this year. As we continue to face many uncertainties one thing remains the same, making sure our kids are vaccinated is the single most effective way to assure vaccine-preventable diseases and outbreaks do not occur. Call your healthcare provider or the health department to make sure your kids are up to date on school required and recommended vaccinations such as HPV, Meningococcal, Tetanus (Tdap), Hep A & B, and even the annual flu.

### Adolescent Well-Care Visits

The American Academy of Pediatrics and Bright Futures Guidelines recommend annual well-care visits during early childhood and adolescence. Annual well-care visits during adolescence promote healthy behaviors, prevent risky ones, and detect conditions that can interfere with physical, social, and emotional development. The Grant County Health Department promotes these recommendations as well.

These well-care exams also include but are not limited to a vision screen, physical health assessment, and review of age-appropriate nutrition, physical activity, safety, and social topics. The OSAA Sports Physical form required to compete in Oregon Jr/Sr High School athletic activities can also be completed during this visit. Don't wait until practice starts, make an appointment today.

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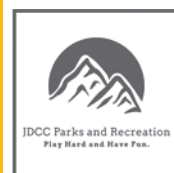
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