

Support While Sheltering In Place

COVID-19 FAQs

The Centers for Disease Control (CDC) has developed a list of *Frequently Asked Questions* regarding COVID-19 and children.

- What is the risk of my child becoming sick with COVID-19?
- How can I protect my child from COVID-19 infection?
- Are the symptoms of COVID-19 different in children than adults?
- Should children wear masks?
- How do I prepare my children in case of COVID-19 outbreak in our community?
- What steps should parents take to protect children during a community outbreak?

See the CDC answers and guidance for these questions, and more, at the link found [HERE](#).



Visiting Parks and Recreational Facilities

Protect Yourself and Others from COVID-19

According to the Centers for Disease Control (CDC), staying **physically active** is one of the best ways to keep your **mind** and body healthy. In many areas, people can visit parks, trails, and open spaces as a way to relieve stress, get some fresh air and vitamin D, stay active, and safely connect with others.

Know Before You Go: While these facilities and areas can offer health benefits, it is important that you follow the steps below to protect yourself and others from COVID-19.

DO

- ✓ Visit parks that are close to your home
- ✓ Prepare before you visit
- ✓ Stay at least 6 feet away from others ("social distancing") and take other steps to prevent COVID-19
- ✓ Play it safe around and in swimming pools. Keep space between yourself and others.

DON'T

- ✗ Visit parks if you are sick or were recently exposed to COVID-19
- ✗ Visit crowded parks
- ✗ Use playgrounds
- ✗ Use hot tubs, spas, water playgrounds, or water parks
- ✗ Participate in organized activities or sports



End of Year Reminders

May 8, 2020

- Last day for new content
 - When students have successfully completed all new content and earned a passing grade, they may consider themselves to be finished with schoolwork. (Check with the classroom teacher to determine if these criteria have been met).
- Final day for Senior Class

May 11 – 22, 2020

- Students who have not completed coursework, do not have satisfactory performance, or wish to improve the overall performance may continue to receive supplemental instruction and remediation.

April 20 – May 22, 2020

- Parents & students should remain virtually connected with teachers and the school as schools are working on end-of-the-year activities and virtual celebrations/recognitions for students.
- Each school will communicate a plan to parents for iPad collections.
 - Parents will have several options for returning iPads.

Wearing and Caring of Cloth Masks

How to Wear a Cloth Face Covering

Cloth face coverings should...

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape



For more
info, click
[HERE](#)

Coping with Fatigue, Fear, and Panic During a Crisis

Recently, the Harvard Business Review published an article explaining how our society is really dealing with *two* contagions...1) the COVID-19 virus, and 2) the emotions it generates. “Negative emotions are every bit as contagious as the virus, and they’re also toxic.” Aside from the pandemic, when we are fearful, fatigued, or in panic-mode, our ability to think clearly and make good decisions is impaired. To learn more about how to take better care of ourselves and build resilience, check out the article [HERE](#).

