

CORONAVIRUS (COVID-19) Checklist for Parents



Practice and reinforce good prevention habits with your family.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Provide a pocket-sized hand sanitizer in backpacks and gym bags.



Clean items that are taken to school.

- Wipe down hard surface items that are regularly used at school (i.e. books, tablets or laptops, plastic or metal lunchboxes and water bottles), using appropriate cleaning products.
- Regularly wash soft surface items like backpacks, soft lunchboxes, gym bags, etc.



Keep your child at home if sick with any illness.

- If your child is sick, keep them at home and contact your health care provider.
- Talk with teachers about classroom assignments and activities your child can do from home to keep up with schoolwork.



Be prepared if your child's school or childcare facility is temporarily dismissed.

- Talk with your employer about sick leave and work-at-home options in case you need to stay home with your child. Consider planning for alternate childcare arrangements.
- Keep track of school dismissal updates. Read or watch local media sources that report school dismissals, sign up for text updates, and stay in touch with your school.



If school or childcare is dismissed:

- Talk to your school about options for digital and distance learning.
- Discourage children and teens from gathering in public places while school is dismissed.
- Seek guidance from your school administrator to determine when students and staff should return to schools.

For more resources and updates about COVID-19, visit pardeehospital.org/coronavirus