

# Preparing kids for a safe return to school

Parents and other adults can do these simple and fun things to help kids stay healthy and safe from COVID-19.

## VACCINATE YOUR KIDS

**Vaccinate your kids when they are eligible.** This is the best way to protect them, you, and people at their schools against COVID-19. Vaccines are now available for people age 12 or older. Learn more and find a vaccine near you at [C19VaccineRI.org](https://C19VaccineRI.org).

Remember the **three Ws!**

**WEAR**  
YOUR MASK

**WASH**  
YOUR HANDS

**WATCH**  
YOUR DISTANCE

## WEAR YOUR MASK

- **Explain why kids need masks.** Help them understand that masks help prevent the spread of droplets from their noses and mouths that can carry COVID-19. Masks help them be superheroes by keeping other people safe!
- **Choose masks that fit!** Masks should be at least two layers thick and fit snugly but comfortably over a child's nose, mouth, and chin without any gaps. Kids should not use loose-fitting bandanas, face shields, masks with valves, or masks that make it hard to breathe.
- **Send kids to school with an extra mask.** We all forget things at times. An extra mask in a child's backpack, desk, or locker will come in handy if they can't find theirs!



Masks should **NOT** be worn by kids who are younger than age two, who have trouble breathing, or who can't remove a mask without help.

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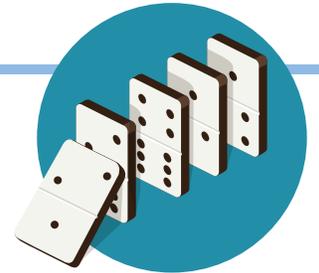
## WASH YOUR HANDS

- **Remind kids when they should wash their hands.** Kids should wash their hands after being in a public place. They should also wash their hands **before** touching their face and eating, and **after** going to the bathroom, blowing their nose, coughing, or playing outside.
- **Teach kids the five steps of handwashing.** Wet, get soap, scrub everywhere, rinse, and dry—one step for each finger on a hand! Help kids learn to wash their hands the right way by remembering each of these five steps.
- **Pick a hand-washing song!** It's important that kids learn to wash their hands for 20 seconds. Help them pick a song so they know how long 20 seconds is. Singing Happy Birthday twice is a great choice!
- **Send kids to school with hand sanitizer.** Hand sanitizer is like a hand washing sink a child can carry around and use any time!



## WATCH YOUR DISTANCE

- **Teach kids about social distancing with dominoes.** You can help kids understand why it's important to watch their distance during COVID-19 with dominoes. When we are close together, we can all get sick. If we give each other space, we are less likely to get germs from each other.
- **Teach kids how far three feet is.** Three feet is one jump for most kids. Practice jumping with a child so they know how far three feet is. Or measure three feet in different places at home with a piece of colorful yarn or string.



**Help kids feel comfortable talking about how they feel.** It's important that you know right away when they don't feel well. Keep them home from school as soon as they have any symptoms and get them tested for COVID-19. Prepare for them to be home sick more often and longer.



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