



# From the Merrimack School Nurses

## TOP 10 THINGS FAMILIES CAN DO TO PREPARE FOR THE NEW SCHOOL YEAR

### PRACTICE HAND HYGIENE

Regular thorough hand washing for at least 20 seconds is one of the best ways to avoid getting sick and prevent the spread of infection. Role model behavior at home and provided positive reinforcement.



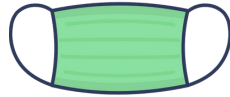
### VERIFY /UPDATE EMERGENCY CONTACT INFORMATION

It is crucial that all contact information including emergency contacts are completed in PowerSchool and on file with the school. If your child presents with Covid-19 excludable symptoms he/she will need to be picked up immediately.



### REVIEW MASK POLICY

Understand who should wear a mask, when and how to wear it. Refer to the school district Mask Policy. Work with your child at home to practice proper mask wearing. Consider sending a spare mask with your student should a mask become soiled.



### PRACTICE RESPIRATORY ETIQUETTE

Review measures at home such as cover your cough/ sneeze and washing hands after blowing nose. Remind children to avoid touching of eyes, nose, mouth, and cloth face covering. Role model and provide positive reinforcement at home



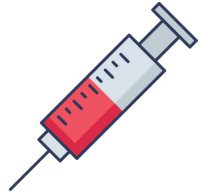
### SEND A REUSABLE WATER BOTTLE

Water fountains will be taken out of service. Please send a full water bottle to school everyday. There will be opportunities for refilling at school. Hydration is encouraged.



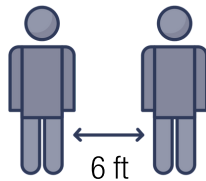
### UPDATE IMMUNIZATIONS

New Hampshire requires all students to be up to date on their vaccines prior to attending school. If you are not sure if your child is up to date, contact your child's health care provider or school nurse. We also strongly encourage seasonal flu vaccines once available.



### PRACTICE PHYSICAL DISTANCING

We will encourage 6 feet of social distancing as feasible. You can help your child by practicing social distancing at home to provide a smoother school transition



### STAY INFORMED

Understand state and local travel advisories. Follow public health guidelines. Utilize district websites and social media platforms for latest information and resources



### UPDATE MEDICAL PLANS AND MEDICATIONS

Contact your school nurse with any health concerns about your child prior to the start of the school year. Contact your doctor if your student has a chronic medical condition that may mimic symptoms of Covid-19. Obtain updated prescriptions and allergy/asthma action plans. No nebulizers will be given at this time. Inhalers with a spacer may be used with physician orders.



### KNOW WHEN YOUR CHILD NEEDS TO STAY HOME

Please do NOT send a child to school who exhibits one or more signs of COVID-19. Review Merrimack School District Screening Checklist. Understand stay at home measures if a student or family member has had close contact or tested positive for Covid-19.

