



TOWN OF MEDFIELD

Office of

BOARD OF HEALTH

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MEDFIELD, MASSACHUSETTS 02052-0315

**Tips To Protect Your School Community and Your Family During
COVID-19**

Proper use of tight-fitting masks and simple infection control practices lower your risk



Teach children to take masks off by grabbing the ear loops, not the face covering, when removing

Have a different mask for each day of the week; keep a few extras in their backpacks

Cloth masks should be washable and fitted properly around the nose (best to have a moldable metal nose piece to keep it in place).

Test masks by blowing out of your mouth, you should feel the breath on your ears and or/cheeks not your eyes.

Practice mask wearing before school starts.

Other simple infection control practices you can do:

- Change and wash clothing when arriving home from school.
- Bring only what you need to and from school.
- Use water bottles with covers on them and wash them daily.
- Wear hair up it helps prevent frequent touching of hair and face.
- Leave backpack in one spot in the home.
- Take shoes off before entering the house.
- Maintain excellent hand hygiene. Wash your hands for 20 seconds, sing a song to time it!
- Clean personal items such as cell phones and lunch boxes with bleach wipes.

Be aware of the typical signs and symptoms of COVID-19 in children: (Fever and Cough are most common and usually seen first)

**Fever *Cough *Headache *Muscle Aches *Headache *Nasal congestion *Loss of taste/smell *Sore Throat *Difficulty Breathing *Belly pain *Diarrhea *Nausea *Poor appetite*

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/pediatric-hcp.html>

Stay home if not feeling well!

Medfield Board of Health: *Carol Read, Chair *Stephen Resch *Holly Rand *Melissa Coughlin