

# SCHOOL SAFETY

## Texas Nurses COVID-19 Task Force



## TIPS FOR PARENTS AND STUDENTS

As you send your kids back to school, keep these tips in mind. Also, discuss *distancing and airflow* with the teacher or school. Students should be 3-6 feet apart when masked. Doors and windows should be open for airflow if safe to do so considering outside temperature and security risks. Ask if the school is following *CDC guidelines on airflow*.



Make sure your child knows to distance and keep their hands clean.



Give your child a well-fitting mask and hand sanitizer.



Keep your child home if they are sick or showing symptoms.

## MODELING MASKS

If your child isn't used to wearing masks, get them comfortable by modeling mask use yourself. Teach them how to put the mask on and take it off. Remind them the mask should cover their nose and mouth. Wear masks together, look at them in the mirror, and talk about the masks or take selfies in them. Practice wearing them for short times and increase the time slowly as your child adjusts.

### ELEMENTARY

Be patient and *make it fun*. Young children want to be independent and may want to remove their masks.

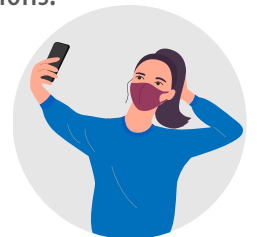


- Let kids pick their mask colors.
- Put masks on their favorite stuffed animals or toys.
- Draw masks on favorite characters or role models: superheros, cartoons, athletes, etc.
- Praise them or provide small rewards when they wear a mask properly.

### MIDDLE TO HIGH SCHOOL

Empower your *pre-teen or teenager*. Work together to brainstorm ways they can have fun with friends while staying safe.

- Help them find a mask that fits their personal style.
- Help them understand how to respond if others are not following safety recommendations.
- Encourage them to spend time doing activities they enjoy — art, music, sports — to cope with the changes they can't control.



## Be positive about mask use

*Avoid speaking negatively* about mask policies in front of your kids. Process your emotions away from your children, but acknowledge your own feelings in front of them. Support your children in expressing their emotions. Remember mistakes will happen. Children and teens can be rebellious. Speak positively about their efforts to wear masks.