



REPORT TO PARENTS: KEEPING CHILDREN HEALTHY WHILE SCHOOL'S OUT

WATCH YOUR CHILD FOR SIGNS OF ILLNESS

If you see signs of COVID-19 (fever, cough, shortness of breath), call your health care provider and keep your child home and away from others.

LOOK FOR SIGNS OF STRESS IN YOUR CHILD

Watch for excessive worry or sadness, unhealthy eating or sleeping habits, and difficulty paying attention and concentrating.

TEACH EVERYDAY PREVENTIVE ACTIVITIES

Be a good role model. If they see you wash your hands often, they'll do the same. Make handwashing a family activity.

HELP YOUR CHILD STAY ACTIVE

Encourage your child to play outdoors. It's great for physical and mental health. Take stretch or dance breaks to help you child focus.

HELP YOUR CHILD STAY SOCIALY CONNECTED

Keep in touch with your family and friends via phone or video chat. Write letters to family members they might not be able to visit.

Source: Centers for Disease Control and Prevention,
[cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html)



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