

Healthy Restart Playbook Posters



HEALTHY RESTART PLAYBOOK

The ABCDs of COVID-19

We all produce droplets when we speak, cough, or sneeze. Even if you don't feel sick, if you have the virus, it is spread as these microscopic particles fly through the air. Slowing the spread of these droplets is the basic rule behind all our safety precautions, starting with rule number one: if your child feels sick, keep them home.

Educators

Families

Students

Always Wear a Mask

A mask covers the mouth and nose, where the droplets that spread COVID-19 are made. Children can have COVID-19 and spread the illness even when they don't feel sick. If your child sees you wear a mask, they will pick up on that and wear one, too. This also will make it easier for your child, as they will be used to wearing a mask when they go back to school. When you talk to your children about wearing a mask, let them know that wearing a mask is a way to take care of others, because if we all wear a mask, we can slow the spread in the community.

Be Aware of Illness Symptoms

Before your child leaves the house, check for fever and any COVID-19 symptoms. 100.0°F or over without any medicines is the cutoff for fevers. Keep your child home if they are having a fever or COVID-19 symptoms. Talk with your child so they know that you want them to let teachers know if they are not feeling well at school. Have a plan for what to do if you need to pick a child up during the day.

Clean Your Hands and Your Space

Teach good handwashing at home by washing hands together or talking about it with older children. Soap and water for twenty seconds or two choruses of "Happy Birthday," or a hand sanitizer with at least 60% alcohol are recommended. Talk with your child about being safe and not sharing items with other children right now.

Distance Physically, But Not Socially

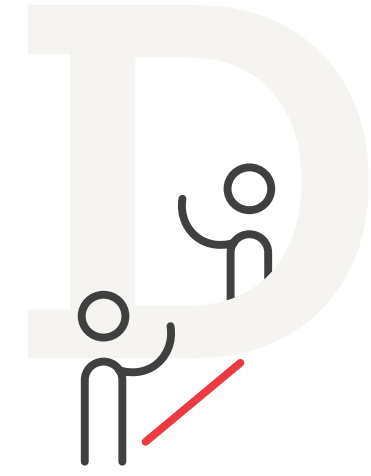
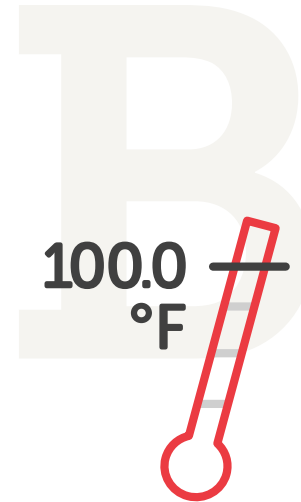
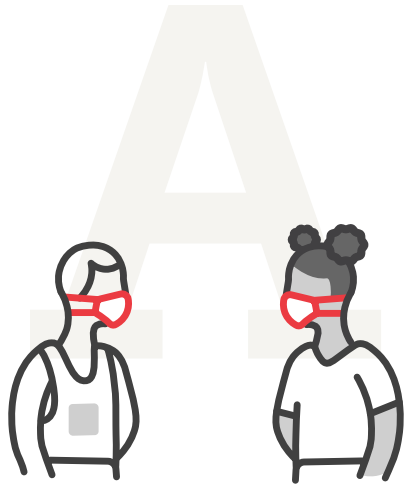
Stay 6 feet apart as much as possible. Physical closeness increases exposure. Children can keep up with friends by phone or email, with adult supervision. This can be a stressful time for children. You may have family or friends with COVID-19. You may have family or friends who have lost their jobs recently. Be honest and share information in a way they can understand. Tell your child that it's okay to be sad, mad, or worried. It can be hard for grown-ups to hear about stress that children are feeling because we don't have all the answers. But listening to your child and answering their questions can help.



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We all produce droplets when we speak, cough, or sneeze. Even if you don't feel sick, if you have the virus, it is spread as these microscopic particles fly through the air. Slowing the spread of these droplets is the basic rule behind all our safety precautions, starting with rule number one: if you feel sick, stay home.



Educators Families **Students**

Always Wear a Mask

A mask covers the face, and that is where the droplets that spread COVID-19 come from. Wearing a mask is a way to take care of others because, if we all wear masks, we can slow the spread in the community.

Be Aware of Illness Symptoms

The grown-ups around you want to make sure they take good care of you. Let a grown-up, like your parent, teacher, or coach, know as soon as you think you may have a fever or if you are not feeling well. Don't wait!

Clean Your Hands and Your Space

Soap and water for two choruses of "Happy Birthday" or a hand sanitizer. It's hard to remember, but as much as possible, try not to touch things other people have touched.

Distance Physically, But Not Socially

Stay 6 feet apart as much as possible. You can keep up with friends by phone or email. These times are stressful. You or your friends may feel sad because you may know people who have COVID-19. Others are having a hard time because of a parent who has lost a job. It's okay to be sad. Make sure to tell your teachers if you are feeling stressed or worried.



HEALTHY RESTART PLAYBOOK

How to Properly Wear a Mask

Masks can be one of the most important defenses against the spread of the virus. If all people are masked, the risk of infection is lowered. Remember to wash or sanitize your hands before touching your mask.



1

Wash or sanitize your hands.



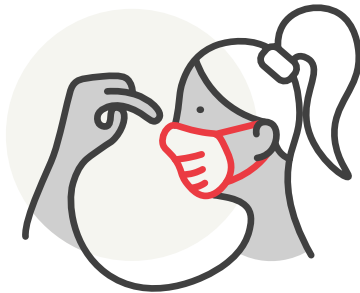
2

Make sure colored side of mask is facing out and stiff bendable edge is on top.



3

Holding ear loops, pull around ears.



4

Mold bendable edge to nose.



5

Expand mask to cover nose and chin.



6

Wash your hands again.



HEALTHY RESTART PLAYBOOK

How Nurses and Doctors Wash Their Hands



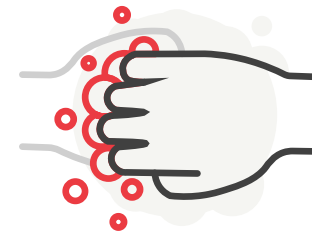
1
Wet & Soap



2
Palms



3
Between Fingers



4
Back of Fingers



5
Thumbs



6
Fingernails



7
Wrists



8
Rinse & Dry



9
Use Towel to Turn Off
Faucet & Open Door

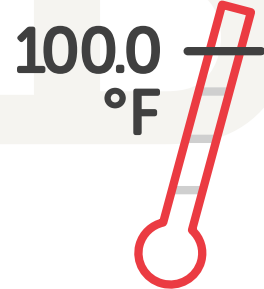


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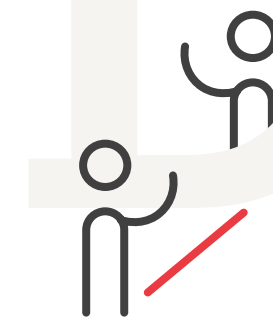
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Be Aware of
Illness Symptoms



Clean Your Hands
and Your Space

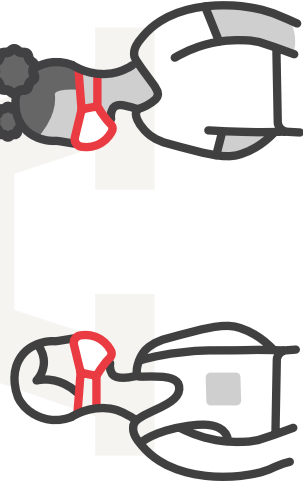


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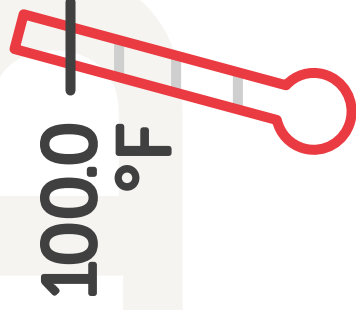
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To learn more, download the full playbook at uhhospitals.org/schoolplaybook.

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Wear a Mask



Be Aware of
Illness Symptoms

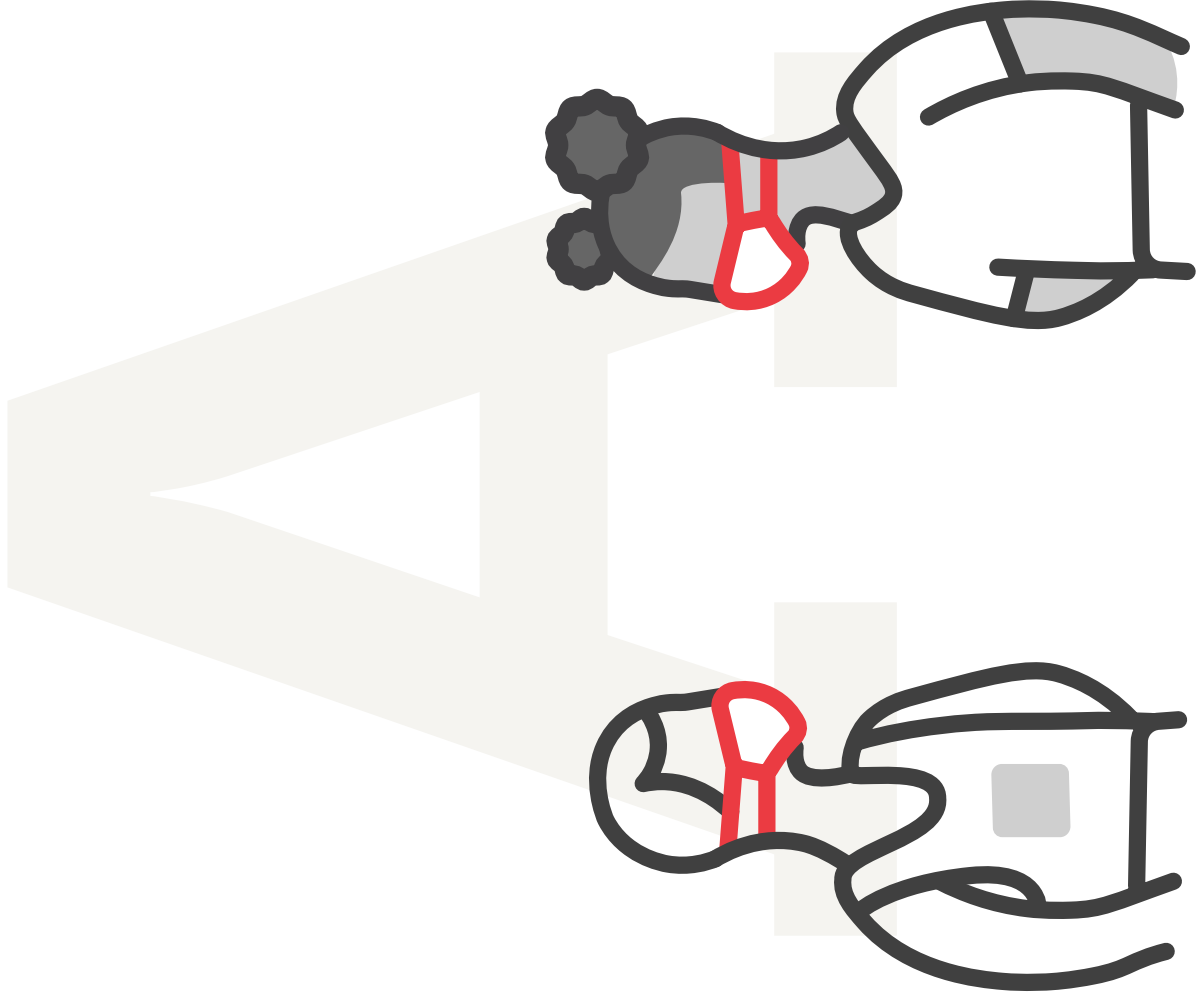


Clean Your Hands
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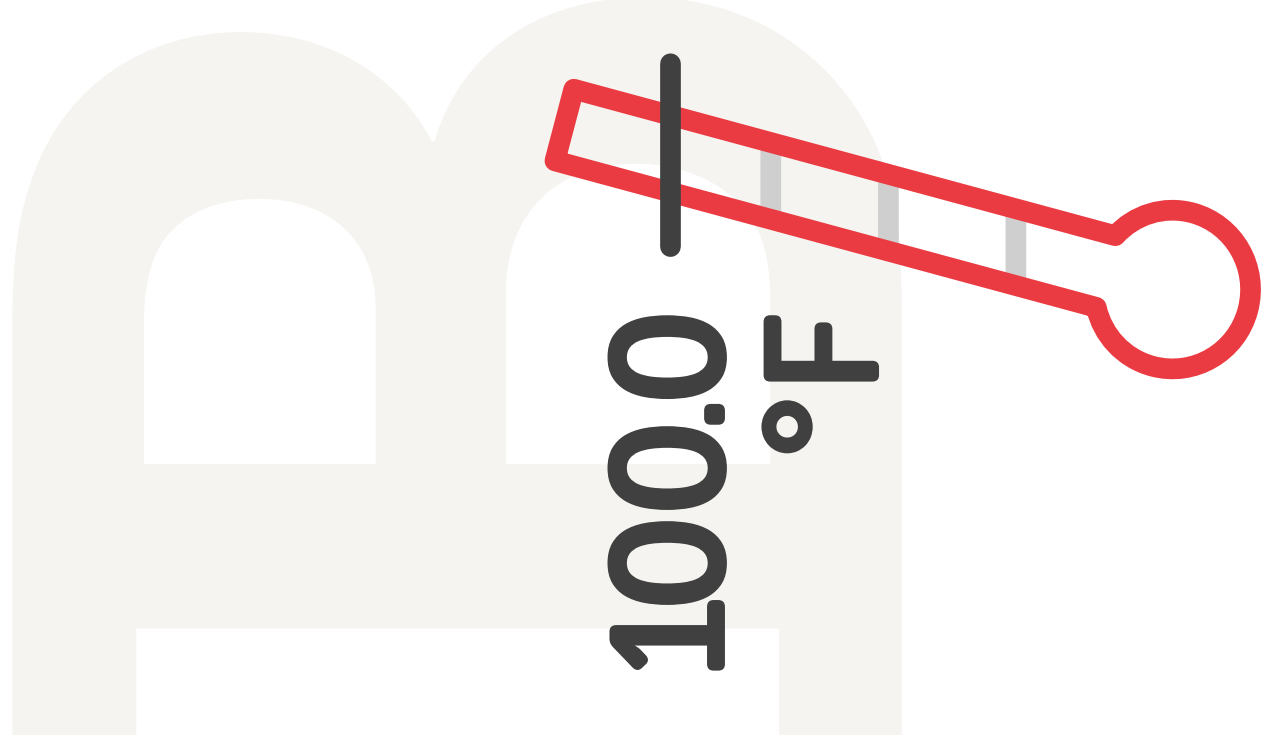


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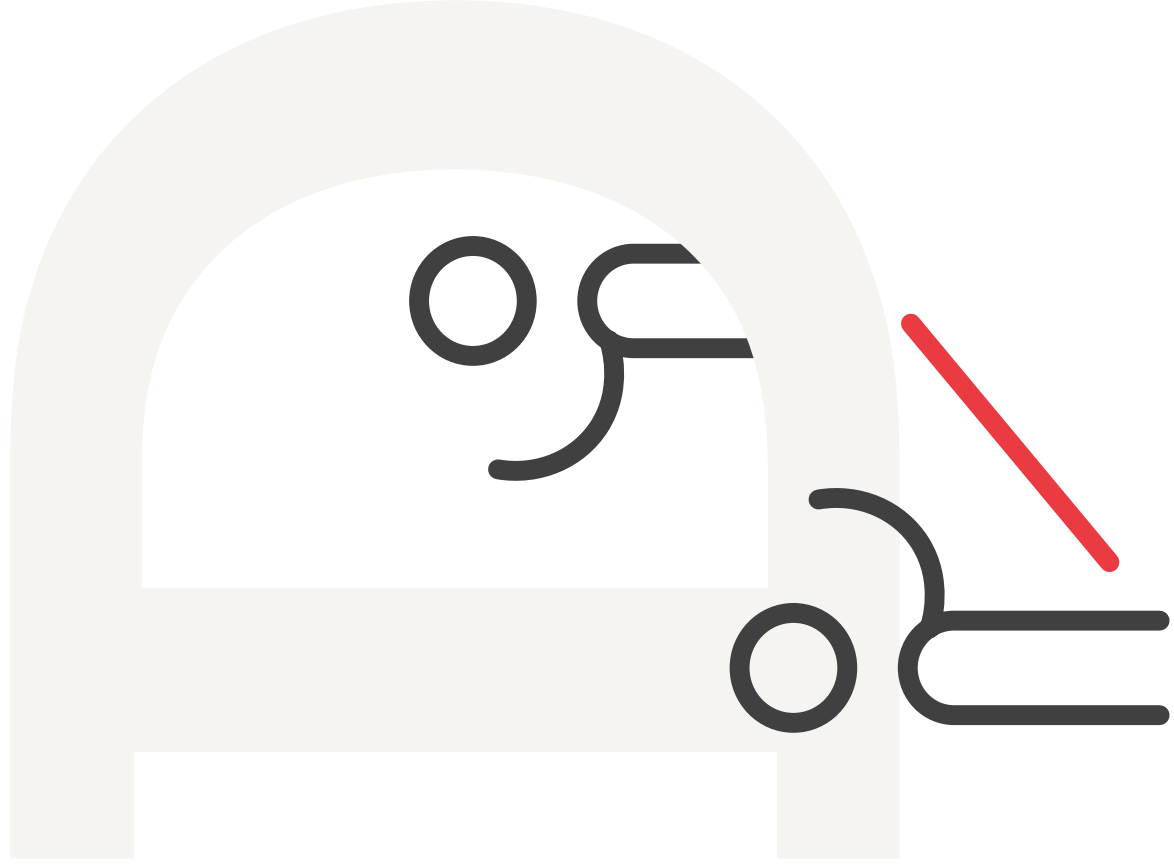


Clean Your Hands and Your Space

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