



## What We Do to Prevent Illness

- ✓ Require participants who have fevers of 100.4 °F (or 38 °C) or higher OR have flu-like symptoms to stay home.
- ✓ Require teachers who have fevers of 100.4 °F (or 38 °C) or higher OR have flu-like symptoms to stay home.
- ✓ Distribute hand sanitizer with at least 60% alcohol before class, and ask that all participants wash their hands before (and after) class when possible.
- ✓ Ask parents and children to remove shoes before class and wear socks.
- ✓ Reduce “touch” activities involving family-to-family contact.
- ✓ Temporarily discontinue the use of materials that can’t be quickly sanitized.
- ✓ Alternate instrument sets when classes are back-to-back to allow for proper sanitation.
- ✓ Sanitize all materials, doorknobs, and other high-use surfaces after each class.
- ✓ Keep materials in easy-to-clean containers and sanitize those containers daily.
- ✓ Stay up-to-date on the latest research, regional notifications, and best prevention practices.

## What You Can Do to Prevent the Spread of COVID-19

- ✓ Wash your hands for 20+ seconds (with warm water) as often as possible, especially after using the bathroom, before meals, and after sneezing or coughing.
- ✓ Show little ones how to cough or sneeze into their elbows.
- ✓ Avoid touching your face and encourage older toddlers/children not to touch their faces, eyes, mouths, or ears. Make it a game and reward children for correcting themselves with stickers or a fun activity.
- ✓ Encourage your family to drink more water than usual.
- ✓ Get adequate rest and consider earlier bedtimes if possible.
- ✓ Eat as many vitamin-rich foods as you can (citrus fruits, dark leafy greens, etc.).
- ✓ If at all possible, work from home and keep your kids home, too. It’s not easy but it will help.
- ✓ If your family has been in contact with anyone diagnosed with coronavirus, limit all contact outside of your home and yard, and call your health professional. For basic needs, use a delivery service or family/friends to pick up and drop off.
- ✓ If you or your child experiences high fever, body aches, and other coronavirus-related symptoms, call your health professional before going to a medical facility.