

Reinforce health hygiene practices with your children which includes:

- **Proper handwashing** for at least 20 seconds with warm water and soap (before eating, after using the bathroom, after blowing your nose, coughing or sneezing, if hands are visibly dirty, and when returning home)
- **Use hand sanitizer** with at least 60% alcohol if soap and water aren't available
- **Do not touch your face** with unwashed hands
- **Sneeze into your sleeve**

Keep your child home if:

- Fever 100.4F or higher
- Shortness of breath or difficulty breathing
- Sore throat
- Muscle aches and pain
- Cough (not related to asthma)
- New loss of taste or smell

Return to school after:

Students and staff should follow these guidelines (if positive for COVID OR showing any COVID symptoms) per Utah Department of Health before returning to school or being around others:

- they have had no fever for at least 24 hours (that is one full day of no fever **without** the use of medicine that reduces fevers), **AND**
- other symptoms have improved (for example, when your cough or shortness of breath have improved), **AND**
- at least 10 days have passed since symptoms first appeared.

IF YOU FEEL SICK; STAY HOME!