

# KEEPING STUDENTS HEALTHY

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Many students and their families are excited and also nervous about the return to full-time, in-person schooling. Here are some ways families, schools, and public health can work together to help students stay healthy and in school this year.

## WHAT FAMILIES CAN DO

Do everything you can to start the school year healthy.



## Take COVID-19 precautions

- Get vaccinated: anyone 12 and older can get a safe, free COVID-19 vaccine
- Wear a mask indoors in public, outdoors in public when in a crowd, and when around people who may not be vaccinated
- Get together outdoors when around family and friends you don't live with

## If someone gets sick

- If your student or anyone in your household is sick, they need to stay home
  - » If the sick person has a cough, fever, shortness of breath, or new loss of taste or smell, they and everyone in the household should get tested for COVID-19.
  - » Call your doctor or clinic for medical advice
- If anyone has severe symptoms, call 911 or go to the nearest emergency room: difficulty breathing, pain or pressure in the chest or belly, unable to drink or keep liquids down, new confusion or inability to wake up, or bluish lips or face

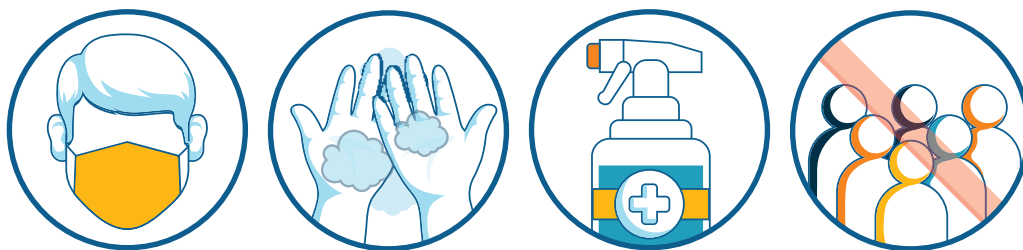


## Contact your school

- If your student is sick
- If your student tested positive for COVID-19
- If your student has been in close contact with someone who tested positive for COVID-19
  - » Close contact means spending 15 minutes or more within 6 feet of someone with or without a mask in any single day
  - » In K–12 indoor classrooms, it is not close contact if students are sitting 3 feet apart and wearing masks correctly the entire time
- If you have questions about COVID-19 safety practices at the school
- If you need help finding health care, mental health support, or community resources

## Build healthy habits

- Wash hands often, for at least 20 seconds
- Avoid touching your face or mask
- Cover coughs and sneezes with your arm or a tissue
- Wipe down surfaces
- Seek health care when you need it, get routine checkups and vaccinations
- Get mental health support
- Take care of yourself every day: sleep, drink water, eat nutritious food, move your body, and laugh with family and friends



## WHAT SCHOOLS WILL DO

- Implement safety practices to reduce the spread of COVID-19 in schools
- Contact you if your student has been in close contact while at school with someone who tested positive for COVID-19

## MULTNOMAH COUNTY PUBLIC HEALTH CAN HELP YOUR FAMILY:



- Find a vaccine clinic near you -- vaccines are safe and free
- Find a site to get a free COVID-19 test
- Learn more about what to do if your student or someone in your family has been a close contact of someone who tested positive for COVID-19
- [Get help](#) finding health care, mental health support, or community resources
  - » [multco.us/covid19](https://multco.us/covid19)
  - » Multnomah County COVID-19 Call Center: 503.988.8939

VISIT [MULTCO.US/COVID19](https://multco.us/covid19) FOR THE LATEST UPDATES