Health Tips for Teachers

- Teach the children:
  - How to wear their masks
  - How to wash their hands
  - How to open and close their drink and food containers independently
  - How to greet each other from afar
  - Use the bucket for "dirty" equipment we should clean before a friend uses it
- Have a PPE plan for the children and yourself:
  - Wear your mask as required.
  - When you arrive in the room: sanitize or wash your hands.
  - When you eat: wash your hands, get your food, sit down, remove your mask by grabbing close to your ears, eat, replace your mask, sanitize or wash your hands, put away your food.
  - Bathroom: wash your hands before and after.
- Add these PPE plans for yourself:
  - Wear gloves when handling the children's food.
  - Wear gloves and a face shield when cleaning.
  - Wash your hands when you remove your gloves, mask, or face shield.
- Plan your day:
  - Take the class outside as often as possible.
  - Keep a window cracked for fresh air. Close it before you leave for the day.
  - Provide individual supplies (such as pencils) for each child.
- Practice distancing:
  - Keep the classes away from each other.
  - Stay 6' from people when you talk or meet.
  - Limit in-person parent and teacher meetings to < 15 minutes.
  - Keep the children in the same groups as much as possible.
  - Seat the children as far apart as possible.
  - Arrange the children's seats so they are not facing each other.
  - Use a seating chart and make as few changes as possible.
- Avoid:
  - Items that encourage blowing, such as candles, straws and balloons
  - Using food for science and art
  - Group treats and treats from home
  - Water play and sensory tables
  - Stuffed animals and cloth equipment such as puppets, dolls, and furniture
  - Shared seating such as couches, pillows, and beanbag chairs
- Remember emotional health:
  - Check in on your students, your colleagues, your family, and yourself.
  - Support your immune system by exercising, eating well, and getting adequate sleep.
  - Post this sign near your desk and congratulate yourself often!