

Keeping Our Home, School and Community Safe

Coronavirus Update

Healthy Habits

- ☆ Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- ☆ Avoid touching eyes, nose, and mouth with unwashed hands.
- ☆ Prevent the spread of germs by covering coughs and sneezes.
- ☆ Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you use a tissue, throw it in the trash and sanitize your hands.
- ☆ Routinely clean and disinfect frequently touched objects and surfaces.
- ☆ Stay home if you are sick and avoid sick people.
- ☆ Seek medical attention when needed.
- ☆ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Riverbank Sickness Policy

School policy (and/or state law) requires a child stay home if:

- ☆ Has a fever of 100.4 degrees or higher
- ☆ Has been vomiting or has diarrhea
- ☆ Very tired or lack of appetite
- ☆ Cough that he or she cannot control, sneezing often – seek medical attention
- ☆ Headache, body aches, or earache
- ☆ Sore Throat – call your doctor, as a special test is needed to know if it is strep throat.

24 Hour Rule:

FEVER: Keep your child home until his or her FEVER has been gone WITHOUT medicine for 24 hours. Colds can be contagious for at least 48 hours. Returning to school too soon may slow recovery and make others sick.

VOMITING OR DIARRHEA: Keep your child home for 24 hours after the LAST time he or she vomited or had diarrhea.

ANTIBIOTICS: Keep your child home until 24 hours after the FIRST dose of antibiotic for anything like an ear infection or strep throat.

Riverbank Charter Is:

- ☆ Ensuring the school building is thoroughly cleaned and disinfected daily;
- ☆ Disinfecting doorknobs, handles, classroom materials and supplies, water fountains, technology, and other high traffic areas multiple times throughout the day; and
- ☆ Providing additional instruction and emphasis on hand washing, using hand sanitizer, and using good hygiene.

