

To serve, protect,
and promote a
healthy community
for all



HEALTH
DEPARTMENT
Caring today for a healthy tomorrow

BULLETIN BITS

KENT COUNTY COVID-19 CHURCH TASK FORCE
[HTTPS://WWW.ACCESSKENT.COM/HEALTH/CORONAVIRUS.HTM](https://www.accesskent.com/health/coronavirus.htm)
SUNDAY, AUGUST 16, 2020

SCHOOL GUIDANCE AND CHILD CARE

"Schools, working together with local health departments, have an important role in slowing the spread of diseases and protecting vulnerable students and staff, to help ensure students have safe and healthy learning environments."- The CDC



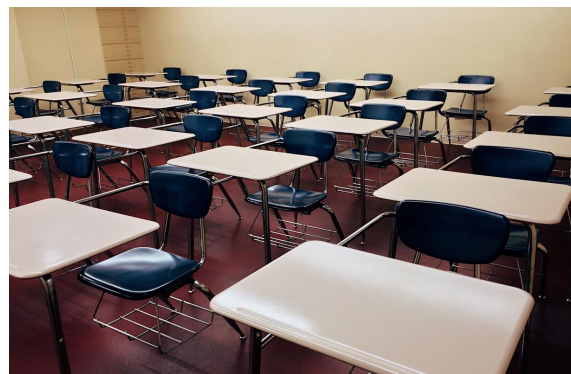
CHILD CARE GUIDELINES

Talk to your child about precautions to take at school. Children may be advised to:

- Wash their hands more often.
- Keep physical distance from other students.
- Wear a mask.
- Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books.
- Use hand sanitizer (that contains at least 60% alcohol.)

CONSIDERATIONS FOR GOING BACK TO SCHOOL

Instructional formats such as class size, setting, and daily schedules will likely look different than in past years. Consider the risks and benefits of these different instructional formats. In-person instruction may offer easier access to school services, more opportunities for social interaction, and return to work for some parents and caregivers, but it also has a higher risk of COVID-19 exposure than virtual instruction. It is important to make informed decisions based on whether the student or members of the household are at increased risk of illness, the student's academic needs, the level of COVID-19 spread in the community, available school transportation options, school ability to execute recommended guidelines, the student's social-emotional wellbeing, comfort and familiarity with the school's reopening plans, and the family's situation and needs.



The Importance of Hydration



When temperatures rise, it becomes even more important for adults and children to stay hydrated. Drinking water isn't just important for exercise—your body loses water even when you are sitting in the sun. It is recommended that men drink 15.5 cups of water each day, and women drink 11.5 cups each day. Click the water bottle to read more about recommended water consumption.