

# Doctors' COVID Tips for Back-to-School

## What can parents do?

1. Keep kids home if they have symptoms. Follow public health guidance about screening, testing and isolation.
2. Make masks comfortable. Ensure your children have comfortable masks they like, and practice putting them on and taking them off.
3. Reinforce the basics. Frequent hand hygiene, physical distancing when possible, safe snacks and lunches.
4. Support children's mental well-being. Stay positive. Avoid social isolation. Focus on what you can control. Limit the amount of COVID news during family time.
5. Get vaccinated. Everyone in your household should get vaccinated if they are eligible. This also helps protect kids under age 12.

## What should schools do?

1. Reinforce the basics, including frequent hand hygiene, symptom screening, proper mask wearing.
2. Support vaccination for teachers, staff and eligible students.
3. Follow ventilation guidelines for an added layer of protection
4. Promote physical distancing whenever possible, and avoid congestion in common areas.
5. Be ready to change precautions, as the level of transmission changes in the community.

Watch the full town hall at  
[DoctorsManitoba.ca/school](https://DoctorsManitoba.ca/school)  
to hear answers from  
physicians to common questions.



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