

Dear Cache County School District Parents,

We recognize that these are uncertain times and you may have concerns about your child returning to school this fall. As the community's healthcare leaders, our goal is to provide you with the best health practices to bring you confidence as you address your child's educational needs.

As we get ready for the start of the new school year, and adapt to a new normal routine, we encourage you to talk with your child about continuing the following in and out of the classroom:

Practice social distancing. When possible, encourage your child to keep a distance of 6 feet between them and others—the length of a jump rope.

Wear a face covering when social distancing is difficult to maintain, and as directed by your school. It is important that you find a style of mask that fits your child comfortably. We suggest simulating mask wearing a couple hours a day in the home, so children can become more accustomed to mask wearing before the start of the new school year. Make sure the mask covers their mouth, nose and chin. If it's a reusable mask, remember to wash regularly.

Practice good hand hygiene. Have a conversation with your child about the importance of regular handwashing at school and what that looks like. Handwashing for 20 seconds is a good rule of thumb (roughly the equivalent of singing "Happy Birthday" twice). Please encourage them to wash their hands after bathroom use, before eating and after recess.

Stay home when you are sick. We encourage parents to remain vigilant about their child's health, making sure to follow good public health practices. Please make sure you monitor your children for symptoms each day and keep them home if they are showing any COVID-19 symptoms.

We likewise encourage you, as parents, to model these same behaviors as much as possible, particularly masking up in public. If your child sees you do it, they are more likely to be comfortable doing it.

As a reminder, the emergency rooms at [Cache Valley Hospital](#) and [Logan Regional Hospital](#) are open 24/7, and remain a safe place for you and your family to seek care with confidence. Both hospitals have been open during the entirety of the pandemic and routinely deal with infectious diseases, like COVID-19. Please, in the event of an emergency, do not delay care.

We thank you for standing with us in our shared commitment to protecting our community's health and safety, today and every day. Together, with your help, we can ensure our community's schools are a safe place for every child to learn.

Respectfully,

