



Welcome Back to Class!

Here are some things we can all do to have a safe and healthy year!

We hope that during this transitional period into a “new normal” for classrooms that you and your families stay safe and healthy. **We’d like to provide a few tips on how to do just that.**

Mask up. The first step to ensuring your safety includes following our government mandate to mask up. There are plenty of ways to do this. You could pick up some reusable ones from a local store or even set aside time to make your own as a crafting activity! The CDC has a great piece on how to do it properly at:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

Sanitize. Grandma was right! **Good old soap and water is the single best way to avoid spreading illness.**

Frequently washing your hands for at least 20 seconds following the CDC recommended methodology will help keep you safe. Keeping some sanitizer on you at all times is a good option for those times “in between” that soap and water are not available.

Check your temperatures daily. By taking this step you can catch a common symptom of COVID-19, even if you aren’t showing any of the others.

Stay home if you feel sick. If you or someone in your family seems to be showing symptoms of COVID-19, stay home. Look into nearby testing locations and figure out the best way for you or a loved one to get tested.

If you can help us serve the community, please consider making a donation to LCFS:

<http://lutheranfamily.org/donate.html>



What You'll Need

- **Masks**
(Buy some or check out some unique ways to make your own)
- **Hand soap**
(This is easily accessible at any grocery store, Walmart, Target, etc.)
- **Hand sanitizer**
(Check out your local store; if not available, look on-line)
- **Thermometer**
(This can be used for daily temperature checks and found at Wal-Mart, Target, CVS, etc.)

