



What We're Doing to Prevent Illness

- ✓ Requiring participants who have fevers of 100.4°F or higher OR have flu-like symptoms to stay home.
- ✓ Requiring teachers who have fevers of 100.4°F or higher OR have flu-like symptoms to stay home.
- ✓ Distributing hand sanitizer with at least 60% alcohol before class, and asking that all participants wash their hands before (and after) class when possible.
- ✓ Asking parents and children to bring socks for class instead of going barefoot.
- ✓ Reducing “touch” activities involving family-to-family contact.
- ✓ Temporarily discontinuing the use of materials (like chime balls) that can't be quickly sanitized.
- ✓ Alternating instrument sets when classes are back-to-back to allow for proper sanitation.
- ✓ Sanitizing all materials, doorknobs, and other high-use surfaces after each class.
- ✓ Keeping materials in easy-to-clean containers and sanitizing those containers daily.
- ✓ Staying up-to-date on the latest research, regional notifications, and best prevention practices.

What You Can Do to Prevent Illness

- ✓ Wash your hands for 20+ seconds (with warm water) as often as possible.
- ✓ Encourage your children not to touch their faces, eyes, mouths, or ears.
- ✓ Encourage your family to drink more water than usual.
- ✓ Get adequate rest and consider earlier bedtimes if possible.
- ✓ Eat as many vitamin-rich foods as you can (citrus fruits, dark leafy greens, etc.).
- ✓ Stay home if you or your child has a fever of 100.4°F or higher.
- ✓ Consider staying home if someone else in your family has a fever of 100.4°F or higher.
- ✓ Notify us immediately if you, your child, or anyone with whom your family has been in close contact has been diagnosed with the virus.
- ✓ Self-quarantine if anyone with whom you or your child have been in close contact has been diagnosed with the virus.