

**CORONAVIRUS DISEASE 2019
(COVID-19)**

[CDC.gov/COVID-19](https://www.cdc.gov/COVID-19)

December 7, 2020

This message includes updates on the [COVID-19](#) response from CDC. The COVID-19 Outbreak is a rapidly evolving situation and information will be updated as it becomes available.



Checklists to Guide Parents, Guardians, and Caregivers

For many families, school will look different this year than it has in previous years. Your school may offer virtual learning or have new policies and practices in place to prevent the spread of COVID-19 during in-person learning. Whatever the situation, these checklists are intended to help parents, guardians, and caregivers, plan and prepare for the upcoming school year.

COVID-19 Resources

Actions to take and points to consider	Notes
<ul style="list-style-type: none"> <input type="checkbox"/> Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should not go to school. <input type="checkbox"/> Make sure your child does not have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches. <input type="checkbox"/> If your child has had close contact to a COVID-19 case, they should not go to school. Follow guidance on what to do when someone has known exposure. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Identify your school point person(s) to contact if your child gets sick. 	<p>Name of school point person(s): _____</p> <p>Contact information: _____</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. These may include sites with free testing available. 	<p>My local testing options: _____</p> <p>_____</p> <p>_____</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions. This is especially important this year because we do not yet know if being sick with COVID-19 at the same time as the flu will result in more severe illness. 	<p>Date of flu vaccination: _____</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Review and practice proper hand hygiene at home, especially before and after eating, sneezing, coughing, and adjusting a mask. Make handwashing fun and explain to your child why it's important. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Be familiar with how your school will make water available during the day. Consider packing a water bottle. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) mask) and things to do when you return home (like washing hands immediately and washing masks). 	
<ul style="list-style-type: none"> <input type="checkbox"/> Talk to your child about precautions to take at school. Children may be advised to: <ul style="list-style-type: none"> • Wash and sanitize 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.) Make sure you're using a safe product. FDA recall products that contain toxic methanol. Monitor how they feel and tell an adult if they are not feeling well. 	



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The In-Person Learning Checklist

The In-Person Learning Checklist has points to consider including checking your child's temperature each morning and monitoring your child for signs of illness, keeping your child home if they've had close contact to a COVID-19 case, and making sure your child is up-to-date with all recommended vaccines, including for flu.

In-Person Checklist

Setting up for Virtual or At-Home Learning

Actions to take and points to consider	Notes
<input type="checkbox"/> Try to attend school activities and meetings. Schools may offer more of these virtually. These meetings can be a way to express any concerns you may have about the school's plans.	
<input type="checkbox"/> Create a schedule with your child and make a commitment to stick with it. Structure and routine can greatly help your child from falling behind with assignments. Discuss your family's schedule and identify the best times for learning and instruction, as well as family-oriented physical activity, such as walks outside. A family calendar or other visuals could be useful for keeping track of deadlines and assignments.	
<input type="checkbox"/> Try to find a space where you live that's free of distractions, noise, and clutter for learning and doing homework. This could be a quiet, well-lit place in your dining room or living room or a corner of your home that could fit a small table, if available.	
<input type="checkbox"/> Identify opportunities for your child to connect with peers and be social—either virtually or in person, while maintaining physical distance.	

Planning for Virtual or At-Home Learning

Actions to take and points to consider	Notes
<input type="checkbox"/> Find out if there will be regular and consistent opportunities during each day for staff and student check-ins and peer-to-peer learning.	
<input type="checkbox"/> Find out if students have regular opportunities for live video instruction by teachers or if they will primarily be watching pre-recorded videos and receive accompanying assignments.	
<input type="checkbox"/> Ask if the school will offer virtual or socially distanced physical activity. If not, identify ways to add physical activity to your child's daily routine.	
<input type="checkbox"/> Ask your school what steps they are taking to help students adjust to being back in school and to the ways that COVID-19 may have disrupted their daily life. Supports may include school counseling and psychological services, social-emotional learning (SEL)-focused programs, and peer/social support groups.	

The Virtual or At-Home Learning Checklist

The Virtual or At-Home Learning Checklist addresses setting up for virtual or at-home learning, planning for virtual at-home learning, and mental health and social-emotional wellbeing considerations.

At-Home Checklist



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Resources to Navigate Stress and Uncertainty

Below are resources that can help parents, guardians, and caregivers navigate stress and uncertainty and build resilience for you and your children during the school year.

- [CDC Stress and Coping During the COVID-19 Pandemic](#)
- [CDC Parent Portal](#)
- [CDC Children's Mental Health](#)
- [Bullying Prevention Resources](#)
- [Children and Youth with Special Healthcare Needs in Emergencies](#)

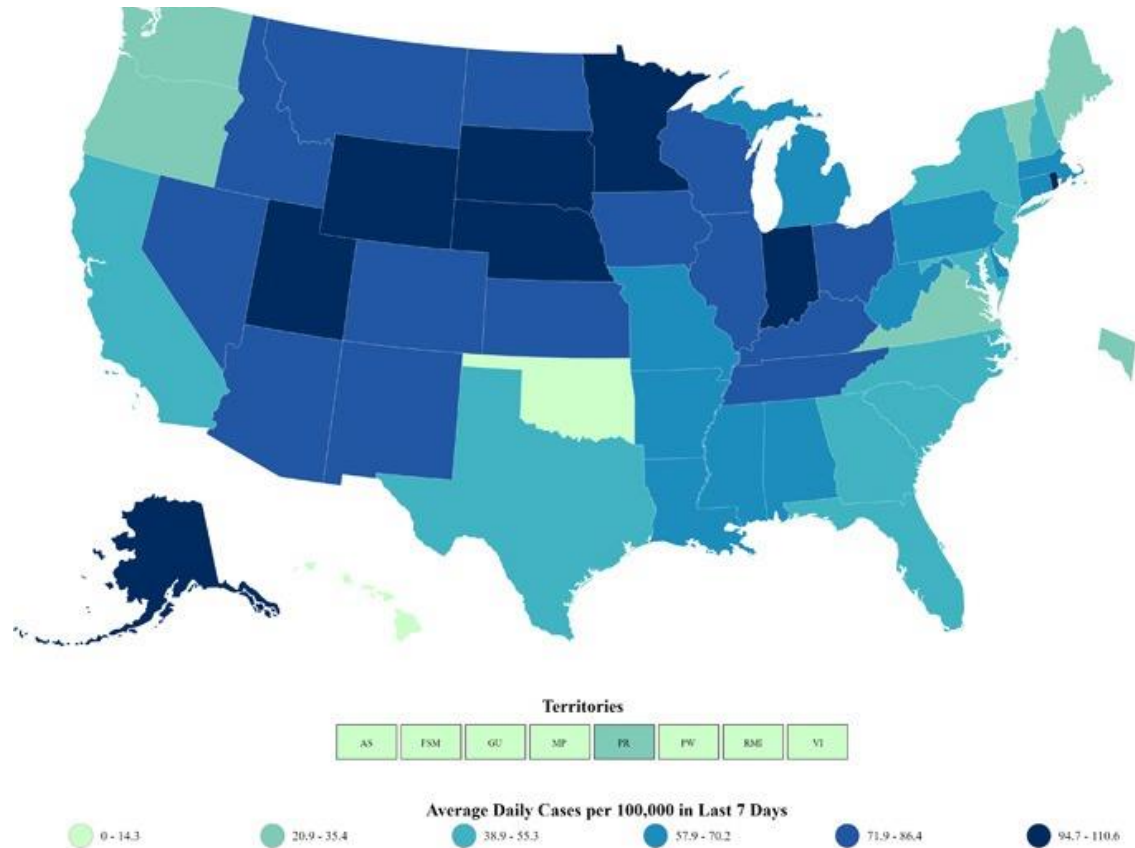
Coronavirus Disease 2019 (COVID-19) in the U.S.

As of December 7, 2020

In the United States, there have been 14,636,914 confirmed cases of COVID-19 detected through U.S. public health surveillance systems in 50 states and the District of Columbia, Puerto Rico, Guam, the Northern Marianas Islands, and U.S. Virgin Islands.

CDC provides updated U.S. case information online daily.

In addition to cases, deaths, and laboratory testing, CDC's COVID Data Tracker now has a [County View](#) to help make decisions about everyday activities.



U.S. Cases

