

Jekson Okrugı Maktab Okrugı
2020-2021 o'quv yiliga xush kelibsiz
Talabalarning ota-onalari va vasiylari uchun nazorat varaqasi

Farzandingizni har kuni maktabga yuborishdan oldin:

- Farzandingizga qo'llarini to'g'ri yuvishga o'rgating
- Bolangizning harorati 100.4 dan past bo'lishini tekshiring
- Farzandingiz tomoq og'rig'i yoki yo'tal, diareya, bosh og'rig'i, qusish yoki tana og'rig'i kabi boshqa alomatları yo'qligini tekshiring.
- Farzandingizga suv idishini maktabga yuborishni o'ylab ko'ring, chunki hozirda suv favvoraları mavjud emas
- Bolangizga boshqa o'quvchilar bilan narsalarni (suv idishlari, asboblari, yozuv asboblari va boshqalar) almashishdan saqlanishini eslatib turing va boshqalardan xavfsiz masofani saqlang.
- Agar sizning aloqa raqamlaringiz o'zgargan bo'lsa, maktabni xabardor qiling
- Farzandingizni maktabda narsalar boshqacha ko'rinishi uchun tayyorlang (ya'ni, kimdir yuz niqoblarini kiyadi, stol bir joyda bo'lmasligi, tushlik sinfda bo'lishi mumkin va hokazo).
- Farzandingizga maktab hali ham xavfsiz, iliq va mehmondo'st joy bo'lishiga ishontiring
- Iloji bo'lsa, bolangiz bilan qo'l sanitariya vositasini yuboring
- Agar bolangiz maktabga yuz niqobini kiyisa, har kuni tozalashni unutmang.

Agar bolangizda quyidagi alomatlar bo'lsa, iltimos, bolangizni uyda saqlang:

- 100,4 va undan yuqori isitma
- Sovuq
- Yo'tal
- Nafas qisilishi yoki nafas olish qiyinligi
- Juda charchagan tuyg'u
- Mushak yoki tanadagi og'riqlar
- Qattiq bosh og'rig'i
- Ta'm yoki hidning yangi yo'qolishi
- Tomoq og'rigi
- Burun tiqilib qolgan, to'ldirilgan yoki burni
- Ko'ngil aynish yoki qusish
- Diareya

Jackson County School District
Welcome to the 2020-2021 Academic Year
Checklist for parents and guardians of students

Before sending your child to school every day:

- Teach your child to wash their hands properly
- Make sure your child's temperature is below 100.4
- Check if your child has any other symptoms such as sore throat or other signs of illness such as a cough, diarrhea, severe headache, vomiting, or body aches
- Consider sending your child a water bottle to school, as there are no water fountains available right now
- Remind your child to avoid sharing things (water bottles, tools, writing instruments, etc.) with other students, and keep a safe distance from others
- If your contact numbers have changed, notify the school
- Prepare your child for things to look different at school (i.e., someone wears face masks, the table may not be in one place, lunch may be in class, etc.).
- Reassure your child that school will still be a safe, warm, and welcoming place
- If possible, send hand sanitizer with your child
- If your child wears a face mask to school, be sure to clean it every day.

If your child has any of the following symptoms, please keep your child at home:

- Fever of 100.4 and above
- Chilly
- Cough
- Shortness of breath or difficulty breathing
- Feeling very tired
- Muscle or body aches
- Severe headache
- A new loss of taste or smell
- Sore throat
- Nasal congestion, stuffy or runny nose
- Nausea or vomiting
- Diarrhea