

■ The Healthy Family School Checklist

A daily and weekly roadmap to keeping your household healthy and germ-free.

■ Morning Routine

- **Water Bottle Check:** Fill a clean, clearly labeled bottle to prevent sharing at the water fountain.
- **Supplies Check:** Ensure they have their own personal pencils, erasers, and glue sticks.
- **Quick Symptom Check:** Confirm no fever, vomiting, or diarrhea has occurred within the last 24 hours.

■ At-School Habits (The Reminders)

- Wash hands thoroughly with soap and water for 20 full seconds before eating and after recess.
- Sneeze and cough straight into the inner elbow (The majestic 'Dracula Sneeze').
- Avoid touching the 'T-Zone' (eyes, nose, or mouth) during class.

■ After-School & Evening Routine

- **The Decon Station:** Wash hands with soap immediately upon walking through the front door.
- **Lunchbox Cleanout:** Empty out old food and wipe down reusable lunchboxes with a disinfectant wipe.
- **Sleep Target:** Ensure elementary kids are tucked in early to secure a solid **9 to 12 hours of sleep**.

■ Weekend Maintenance

- Deep clean and sanitize frequently handled gear like backpacks, binders, and jackets.
- Restock the home 'Sick Kit' (check dates on medications, stock up on tissues, electrolyte drinks, and soup).

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.