



CLASSROOM WELLNESS PLAN



1. PREVENT ILLNESS

- Hand hygiene (soap & water, or hand sanitizer)
- Cough into sleeve & use tissue
- Physical distance where possible
- Sanitize surfaces with approved disinfectant
- Stay hydrated (drink water)

HAVE BASIC SUPPLIES ON HAND

- Band-aids
- Individual snacks for diabetics
- Water bottles
- Vaseline
- Mask
- Gloves

2. CLASSROOM CARE

- MILD bleeding- skinned knees/elbows, small cuts, scabs
- Localized bug bites (cool moist paper towel)
- Anxiety/stress issues- calming techniques, redirection, mental health support staff
- Minor headache or fatigue- drink water, short rests on desk
- Hunger/stomach ache- drink water, short rests on desk
- Chapped lips- provide Vaseline on a cotton tip applicator
- Old injuries- provide comfort (unless there is an obvious concern)
- Tooth falls out (baby teeth)- provide box/bag to store it

3. SEND TO OFFICE

Does not look well or cold / flu symptoms

- Fever
- Sore throat
- Excessive cough or difficulty breathing
- Muscle aches or pain (without injury)
- Loss of taste / smell
- Stomach ache (unresolved by rest on desk for 5-10 minutes, not hunger)
- Rash
- MODERATE/SEVERE headache
- Head Injuries / bumps
- Anaphylactic reaction
- Confusion or disorientation
- New sudden vision changes
- Foreign object in eye
- Routine medication administration
- Diabetic low blood sugar (**do not send alone**)

IN AN EMERGENCY CONTACT OFFICE OR CALL 911



- Difficulty breathing
- Chest pain, CPR/AED
- Fall from height with possible neck/back injury
- Seizure
- SEVERE bleeding
- Traumatic injury