

Staying Healthy

All of us are trying to stay healthy and keep our children healthy. Let's work together and take some simple precautions to help us all stay well. We don't have to worry about this stuff to the point of distraction; we only hope with this note that our collective awareness will be raised!

- Please **wash your hands and your child's hands before class**, as this can really help reduce the transmission of germs. Nothing is better than soap and water. There are also always tissues and hand sanitizer in class for your use.
- Many children in our classes are at a normal stage of development where putting things in the mouth is common, and developmentally appropriate and encouraged. **If your child puts an instrument in his/her mouth, we ask that you wipe it down before returning it to the container.** If you are unable to do so at a given point in the class, we ask that you place the instrument on the table so that the teacher can clean it after class. Concerning our latex Dynabands; these are cleaned after class, and "mouthed" scarves are taken home and laundered (which is sometimes why we run out; kind of like the missing sock thing!). If in class you see a child mouth something then put it down, and his/her adult didn't notice, you may pass that instrument to the teacher for cleaning.
- **For everyone's health, a sick child should remain at home.** A good rule of thumb to use in case of a fever: the child should be fever-free for 24 hours before resuming normal activities. You should also consider keeping your child home if:
 1. They have a runny nose accompanied by other symptoms; such as not sleeping well the night before, tired, grumpy
 2. They have a persistent cough, not due to any allergies
 3. They were up vomiting the night before class

If you have an older child staying home from school because of illness, but your younger child is fine, please don't bring your older child to class. If they can't go to school, they probably shouldn't be here, either.

Throughout the years our program has been operating, we have found our parents to be very respectful of the other families in class in their decision-making regarding whether or not to keep an ill child at home. Sometimes it is a tough call, but we ask you to err on the side of caution and to keep your child at home if in doubt. Because we offer make-up classes, you need not worry about missing a class. We thank you for your consideration, and...

...here's to a happy, healthy session ~

Jeanne Calderon, Director
Music Together Chesapeake

