

ENROLLMENT/EMERGENCY CARD

BROADWAY GYMNASTIC SCHOOL

5433 Beethoven Street • Los Angeles, CA 90066 • (310) 302-0035 • Fax (310) 302-9199

DAY _____ **TIME** _____ **CLASS** _____

Date: _____

M F ()

Student's Last Name (Please Print) _____ First _____ Middle _____ Age _____ Primary Contact Phone Number _____

Street Address _____ City _____ State _____ Zip _____ Birthdate (Month/Day/Year) _____

Please check appropriate box: Student living with: Both Parents Both Parents (separate households) Mother only Father only Guardian

Parent or Guardian's Name _____ Relationship to Child _____ Parent Cell Number _____

Place and Type of Business _____ Address _____ Work Phone _____

Parent or Guardian's Name _____ Relationship to Child _____ Parent Cell Number _____

Place and Type of Business _____ Address _____ Work Phone _____

School and Grade child is presently attending _____ Parents E-mail _____

When Parents or Guardians cannot be reached, Broadway Gymnastic School may release my child to:

Name and relationship to child _____ Home Phone _____ Cell Phone _____

Name and relationship to child _____ Home Phone _____ Cell Phone _____

PLEASE READ, COMPLETE ALL INFORMATION AND SIGN THIS CARD

Please contact family doctor in case of emergency:

Doctor's Name _____ Phone _____ Name & Policy number of your Insurance Company _____

BGS POLICIES:

1. Broadway Gymnastic School (BGS) is not responsible for articles of clothing or personal belongings brought onto the premises if such articles are lost, stolen, or damaged by fire, flood, earthquake or any natural disaster, or otherwise damaged or destroyed.
2. If no parents or other guardian shall be available while a student is at BGS, BGS should be advised where and how a parent or guardian can be contacted if needed.
3. I am aware that BGS and its staff will make every effort to protect their students and customers from the spread of COVID-19. BGS staff will do its best to maintain the prescribed social distancing between individuals as per the recommendations by the CDC. I further understand that even in their best efforts, incidental contact between students may occur. In addition, the staff will continue to physically assist (spot) my child when necessary as a normal safety precaution. I understand and agree that this is an accepted process of teaching skills and I permit my child to be assisted by means of spotting. In the event of an accident or injury, I agree to direct assistance.
4. If medical or surgical emergencies occur, we hereby give permission to the physician and hospital selected by BGS to take appropriate steps on behalf of the student to do all things necessary to protect the student's health and well-being.
5. We hereby consent to the use of any picture/video of students for advertising or promotional purposes in accordance with USAG Safe Sport Policy.
6. I am/my child is in good health and has no health problems that may be detrimental to my/his or her participation in gymnastics or other BGS activities.
7. I/we are fully aware of, and appreciate the risk of injury, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses, associated with participation in gymnastics programs at BGS, including camp programs such as swimming, group sports and other activities which will be carried on at BGS. I/we understand that this risk includes use of the locker room, any other rooms on the premises, parking area, sidewalk or any equipment in the gym. I/we assume full responsibility for the safety and well-being of my/our self/child while at BGS or participating in its activities, or while being transported. I/we hereby agree on behalf of myself (and our personal representatives, heirs, executors, administrators, agents and assigns) to indemnify, defend, release and hold harmless BGS (and its affiliates, officers, employees, agents, representatives, successors and assigns) from any and all claims, costs and expenses, (including attorney's fees) or other damages or injuries of any sort which may be incurred or arise out of preparation for or participation in any activities. This Waiver and Release of liability includes, without limitation, injuries which may occur as a result of a) use of any equipment or facilities which may malfunction or break, b) BGS' improper maintenance of any equipment or facilities, c) BGS' negligent instruction or supervision, and d) slipping and falling while in the facility or on the premises. I/we acknowledge that I/we have carefully read this Waiver and Release and fully understand that it is a release of liability. I/we are waiving any right that I/we may have to bring a legal action to assert a claim against BGS.

8.	Please list any injuries in the past year. Description: _____	Date: _____
9.	List any special needs, medical considerations, medications, allergies, etc.; if none, please write "NONE". _____	

10. Parents and/or guardians understand that students and/or visiting children shall not use any BGS equipment without coach supervision including before and after classes. I have explained this rule to my child. BGS assumes no liability for unsupervised use of equipment.
11. It is the responsibility of parent and/or guardian to keep the information on this card current and updated at all times. Any changes must be made in writing.
12. I understand there are no tuition refunds or credits.
13. BGS reserves the right to terminate services based on behavior that poses a risk to the safety or well-being of any BGS staff, volunteer, participant or client. I/we have read and understand the Broadway Gymnastic School Policies and agree to all of its provisions:

Signature _____ Please Print Name and Relationship to Student _____ Date (Month/Day/Year) _____

**\$50 Annual Registration Fee Payable Directly to Broadway
Gymnastic School (includes t-shirt)**

Credit Card Payments:

Circle: Visa or MasterCard

Card Number: _____

Expiration Date: ____/____

I authorize Broadway Gymnastic School to charge \$_____ to the credit card
account indicated above.

Signature: _____ Date: _____

Broadway Gymnastic School, Inc.
5433 Beethoven Street
Los Angeles, California 90066
310-302-0035

Broadway Gymnastic School, Inc.

5433 Beethoven Street
Los Angeles, California 90066
(310) 302-0035
www.broadwaygym.com

Dear Athlete and, if Athlete is a minor, Parent/ Guardian,

Broadway Gymnastic School, Inc. (hereinafter referred to as BGS), is taking reasonable measures to prevent the spread of the COVID-19 infection, including tracking/ tracing, and following applicable state, county and city public health orders and protocols. However, the possibility of transmission cannot be eliminated. Athletes and their families must be aware of and acknowledge the risks before participating in athletics.

By initialing and signing this Release of Liability, you acknowledge, accept, and agree to all the following (If the Athlete is a minor, Parent/ Guardian Must Initial and Sign. At Parent/ Guardian's discretion athlete who is a minor may or may not sign):

- Participation in athletics is purely voluntary.

Parent/ Guardian Initial: _____ Athlete Initial: _____

- Athlete has permission to participate in athletic meetings, practices, and competitions as directed by the coaching staff and administration.

Parent/ Guardian Initial: _____ Athlete Initial: _____

- Neither the Athlete nor Parent/Guardian will attend meetings, practice and/or competitions if any of the following apply:

- A. The Athlete or any member of their household is exhibiting any symptom(s) of COVID-19 that first appeared within the last 10 days: fever (at or over 100°F or 38°C), chills, cough, shortness of breath or difficulty breathing, feeling tired, muscle or body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell. The Athlete or Parent/Guardian, if the Athlete is a minor, will check Athlete's temperature at home prior to attending meetings, practices, and/or competitions; and Athlete will not attend if their temperature is at or over 100°F or 38°C.
- B. The Athlete or any member of their household has been diagnosed with COVID-19 or has a suspected diagnosis of COVID-19 or pending COVID-19 test.
- C. The Athlete or any member of their household has spent time with another individual who has been diagnosed with COVID-19 or has a suspected diagnosis of COVID-19.
- D. The Athlete or any member of their household is currently under isolation or quarantine orders.

Parent/ Guardian Initial: _____ Athlete Initial: _____

- We are aware that the Athlete may be exposed to COVID-19 while participating in or attending meetings, practices and/or competitions. We understand that this exposure carries a risk of infection, serious illness, or death for both the athlete and their household members.

Parent/ Guardian Initial: _____ Athlete Initial: _____

- We acknowledge that BGS, the Governor, State Department of Health, LACDPH, or other administrative body with authority over BGS may determine to cancel workouts, competitions or the season at any time. We also acknowledge BGS must comply with any mandates issued by any entity with the authority over athletics and agree to comply with any such directives even if issued after signature to this agreement.

Parent/ Guardian Initial: _____ Athlete Initial: _____

- Athlete and Parent/Guardian, if the Athlete is a minor, is/are aware that practices, competitions, spectating, and/or transportation will look different than prior years, including the need for physical distancing and the correct and consistent use of face masks. We agree to comply with the direction provided by the coaching staff and administration and acknowledge that the failure to do so may result in the Athlete being refused participation at practice, competitions, and/or the entire sport season.

Parent/ Guardian Initial: _____ Athlete Initial: _____

- Athlete is voluntarily participating in athletics. Athlete or Parent/Guardian, if the Athlete is a minor, agrees to assume any and all risks of infection, injury, or death, whether those risks are known or unknown.

Parent/ Guardian Initial: _____ Athlete Initial: _____

I/WE HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM/WE ARE AWARE OF THE RISKS OF PARTICIPATING IN ATHLETICS DURING THE COVID-19 PANDEMIC. I AM/WE ARE AWARE THAT THIS FORM CONTAINS A RELEASE OF LIABILITY AND WAIVER OF ALL CLAIMS. I AM/WE ARE SIGNING THIS AGREEMENT VOLUNTARILY, FULLY AWARE OF THE RISKS AND MY RELEASE AND WAIVER OF ANY CLAIM AGAINST THE BROADWAY GYMNASTIC SCHOOL, INC., ITS EMPLOYEES, AGENTS, BOARD MEMBERS, OR OTHER RELATED ENTITIES.

Athlete Signature: _____

Athlete Printed Name: _____

Date: _____

Parent/ Guardian Signature, if the Athlete is a minor: _____

Parent/ Guardian Printed Name: _____

Date: _____

BGS is requesting that any student who has received the Covid Vaccine submit their "Vaccination Record Card" to BGS. Knowing and verifying that athletes are fully vaccinated will help us as we move forward with updates to the BGS policies and protocols. Additionally, the information will help us determine the athlete's need to quarantine after travel for vacations or competitions. The copies will be kept in a secure location inside the office.

Broadway Gymnastic School, Inc.
5433 Beethoven Street
Los Angeles, California 90066
310-302-0035

Health and Safety Guidelines

Thank you for taking the time to read through and understand these health and safety guidelines for Broadway Gymnastic School students.

We will be following the safety guidelines recommended by the State of California, County of Los Angeles, City of Los Angeles, CDC and USAG.

We understand that the protocols are an adjustment for all of us. But if we all work together to ensure the safety of the students, staff and the entire BGS family. Our dedication to our patrons safety is our highest priority.

So, let's work together, stay safe and enjoy the gymnastics we all love!

We thank you for your cooperation and support to provide a safe environment for our clients and staff.

All guidelines are in effect as of February 15, 2022.

Your Safety is our #1 Goal.

we rise.
we heal.
we overcome together.

BGS is requesting that any student who has received the Covid Vaccine submit their "Vaccination Record Card" to BGS. Knowing and verifying that athletes are fully vaccinated will help us as we move forward with updates to the BGS policies and protocols. Additionally, the information will help us determine the athlete's need to quarantine after travel for vacations or competitions. The copies will be kept in a secure location inside the office.

While we recognize that families can do everything right and still have an exposure, we want to do all we can with the choices we make to minimize this possibility. If an exposure does occur, for whatever reason, time is of the essence in reporting it to BGS and getting your child/family member tested.

If an athlete is having difficulty participating in regular activities due to any illness, please have them stay home until symptoms subside.

All students must have a 2021-2022 Emergency Card and Release of Liability form on file.

All persons in or attending Broadway Gymnastic School must strictly abide by the current BGS Sick and Travel Policy. We thank you for your cooperation and support to provide a safe environment for our clients and staff.

IF YOU'RE SICK WITH POSSIBLE SYMPTOMS OR ARE UNVACCINATED AND HAVE BEEN IN CLOSE CONTACT WITH SOMEONE KNOWN TO HAVE COVID-19 - DO NOT COME TO BGS!

GYMNAST'S HEALTH

ASSESS YOUR GYMNAST'S HEALTH:

Before coming to Broadway Gymnastic School, we ask that parents please assess your child's health and exposure on a daily basis. If your child or another member of your family exhibits the following symptoms, please keep your child at home.

Fever or chills, cough, shortness of breath or difficulty breathing, a measured temperature of 100 degrees or higher, chills, fatigue, muscle or body aches, unexplained headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, known close contact with person confirmed to have COVID-19 (in this case, please adhere to the "BGS Covid-19 Sick/ Travel Policy")

IF YOU COME TO BGS & EXHIBIT SYMPTOMS:

Employees will be sent home immediately and must comply with all BGS policies.

Athletes will immediately be separated from their group and isolated in our "Isolation Room". Parent/guardian will be called to pick them up (as well as any sibling who may also be attending BGS) and must comply with all BGS policies.

If you're sick with a fever of 100 degrees or higher or a combination of any of the Covid-consistent symptoms listed above, immediately begin isolating, consult your doctor and get tested.

BROADWAY GYMNASTIC SCHOOL, INC.

COVID-19 Sick and Travel Policies

It is encouraged that any students who have received the Covid Vaccine submit their "Vaccination Record Card" to BGS. Knowing and verifying that athletes are fully vaccinated will help us as we move forward with updates to the BGS policies and protocols. Additionally, the information will help us determine the athlete's need to quarantine after travel for vacations or competitions. The copies will be kept in a secure location inside the office.

While we recognize that families can do everything right and still have an exposure, we want to do all we can with the choices we make to minimize this possibility. If an exposure does occur, for whatever reason, time is of the essence in reporting it to BGS and getting your child/family member tested.

If an athlete is having difficulty participating in regular activities due to any illness, please have them stay home until symptoms subside.

All students must have a 2021-2022 Emergency Card and Release of Liability on file.

All persons in or attending Broadway Gymnastic School must strictly abide by the current BGS Sick and Travel Policy. We thank you for your cooperation and support to provide a safe environment for our clients and staff.

IF YOU'RE SICK WITH POSSIBLE SYMPTOMS OR ARE UNVACCINATED AND HAVE BEEN IN CLOSE CONTACT WITH SOMEONE KNOWN TO HAVE COVID-19 - DO NOT COME TO BGS!

-IF YOU COME TO BGS AND EXHIBIT SYMPTOMS-

Employees will be sent home immediately and must comply with all BGS policies.

Athletes will immediately be separated from their group and isolated in our "Isolation Room". Parent/guardian will be called to pick them up (as well as any sibling who may also be attending BGS) and must comply with all BGS policies. Contact tracing will be conducted.

If you're sick with a fever of 100 degrees or higher or a combination of any of the following Covid-consistent symptoms, **immediately** begin isolating, consult your doctor and get tested.

- Coughing
- Shortness of breath or difficulty breathing
- A measured temperature of 100 degrees or higher
- Chills
- Fatigue
- Muscle or body aches
- Unexplained headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

-EMPLOYEE/ATHLETE TESTS POSITIVE FOR COVID-19-

Please note: Day 0 is date of Positive Covid test OR Symptoms are reported to Broadway Gymnastic School. Regardless of isolation status, all Covid Positive Athletes must continue to self-monitor for symptoms for 10 days.

Please report Symptoms to BGS as soon as possible. Do not come for workout/class. Get tested.

Isolate on Days 1-5 (Day 1 is the first full day after Positive Test/Onset of Symptoms).

Days 6-10: If there are **NO** symptoms (including fever free for at least 24 hours) **AND** a diagnostic specimen test **taken on Day 5 or later** is negative, Employee/Athlete may return on day 6 and remain masked at all times. Home tests are acceptable.

Additional negative test results, prior to day 5, will not shorten the isolation period.

If unable to test/do not test and symptoms are not present or are resolving, isolation can end after day 10.

-EMPLOYEE/ATHLETE WAS IN CLOSE CONTACT WITH SOMEONE WHO TESTS POSITIVE FOR COVID-19

Please note: Day 0 is the day of close contact. Regardless of quarantine status, all Exposed Employees/Athletes must continue to self-monitor for symptoms for 10 days. At any point if symptoms begin test ASAP.

A close contact is defined by LACDPH as anyone who has been within 6 feet of you for more than 15 minutes within a 24 hour period, and/or anyone who's made contact with your "body fluids and/or secretions" while you were infectious.

Please notify BGS as soon as possible – time is of the essence so that we can take appropriate steps.

UNVACCINATED (unvaccinated OR eligible for a Booster but have not yet received their Booster Dose):

Quarantine on Days 1-5 (Day 1 is the first full day after close contact).

Days 6-10: If there are **NO** symptoms **AND** a diagnostic specimen test, **taken on Day 5 or later**, is Negative, Athlete may return to BGS on day 6. Home tests are acceptable.

If test result is Positive or they choose not to test, Athlete must stay home for the full 10 days following the close contact. **At any point if symptoms begin test ASAP.**

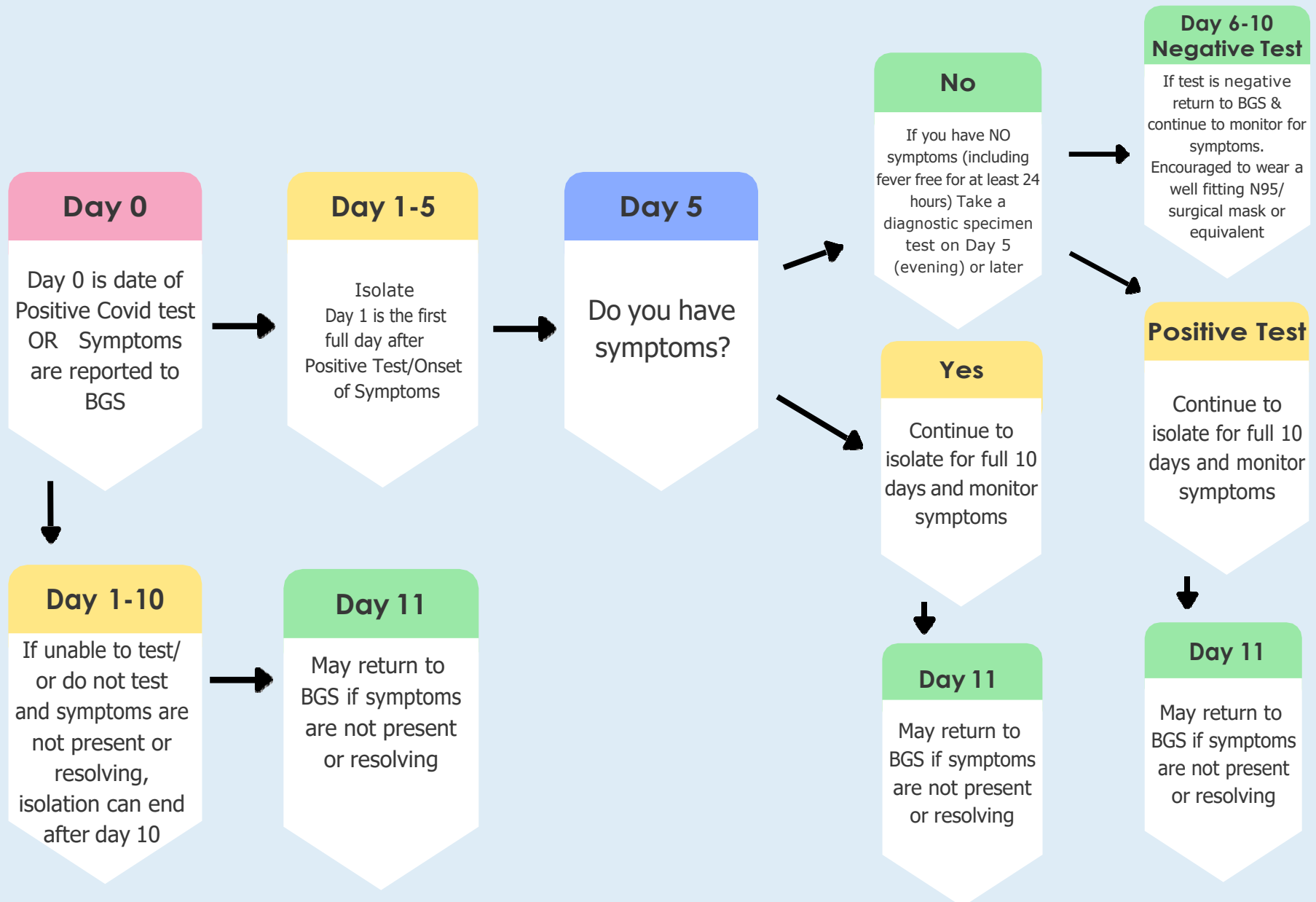
FULLY VACCINATED (Have received a Booster or are fully vaccinated but not eligible for Booster yet):

- **ASYMPTOMATIC** (Employee/Athlete is showing **NO** symptoms):
 1. Does not have to quarantine
 2. If symptoms occur, immediately isolate and test as soon as possible
 3. Must test after **5 days from close contact** and send results to BGS.
 4. Monitor for symptoms for 10 days after last contact

- **SYMPTOMATIC** (Athlete is showing symptoms):
 1. Must quarantine and consult with medical provider/ test for Covid **ASAP**
 - a. Negative Test: Employee/Athlete stays home until fever free without fever reducing medication for at least 24 hours and improved symptoms.
 - b. Positive Test: Employee/ Athlete must follow "Employee/Athlete Tests Positive For Covid-19" (LACDPH Health Officer Order for Isolation).

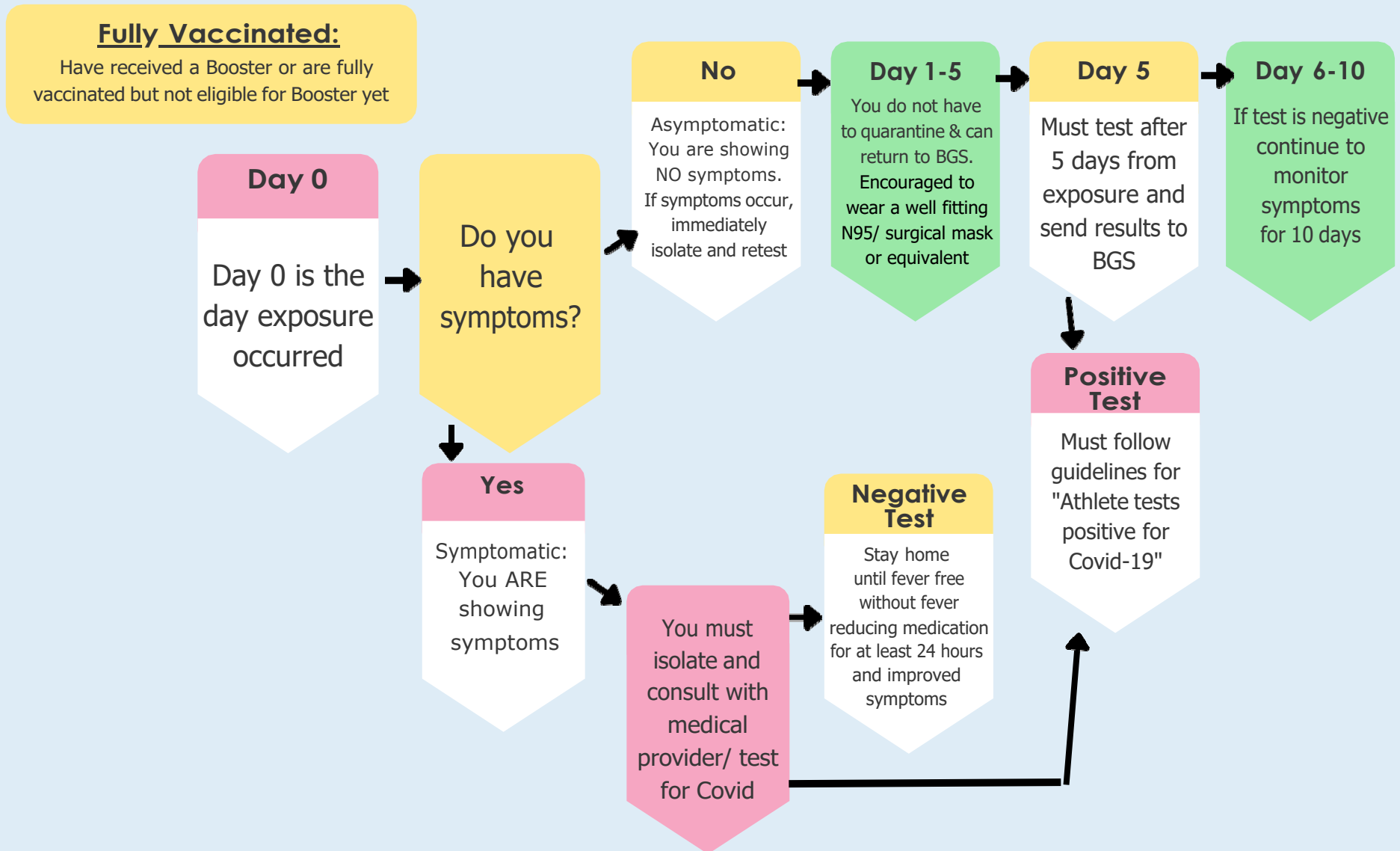
Step by Step

Athlete tests positive for Covid-19



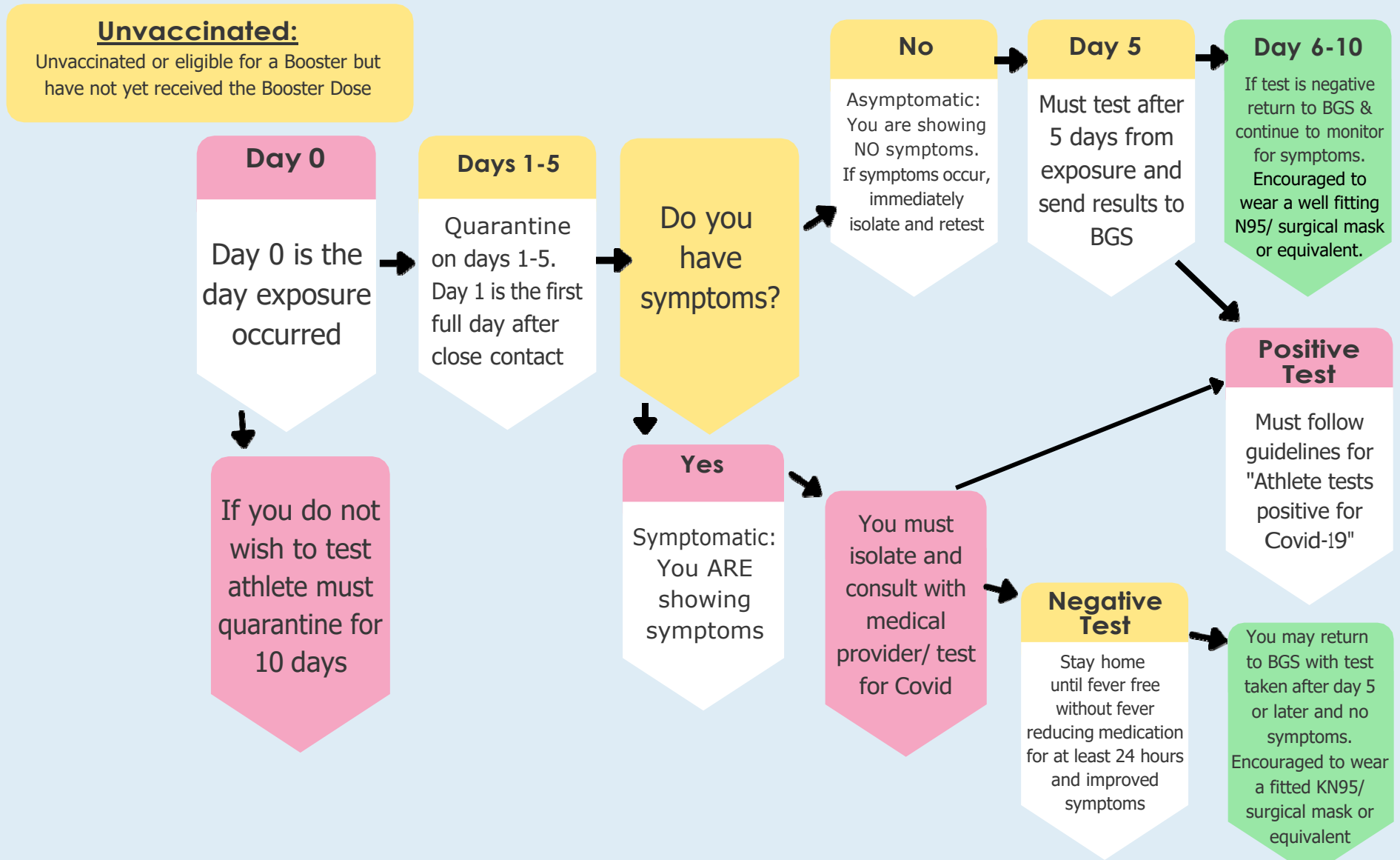
Step by Step

Fully Vaccinated Athlete Close Contact with someone who tests positive for Covid-19



Step by Step

Unvaccinated Athlete Close Contact with someone who tests positive for Covid-19



-TRAVEL-

All travelers, regardless of their vaccination status, must self-monitor for symptoms for 10 days after their arrival, and should get tested and isolate, if they develop symptoms.

UNVACCINATED (meaning - no vaccine **or** a single dose of Pfizer or Moderna **or** less than two weeks have passed since the J&J vaccine or the second dose of Pfizer or Moderna) :

- **Domestic & International Travel on a Public Conveyance (plane, train, cruise, etc) or International Travel in a Personal Vehicle:**

Wait 3-5 days after return and get tested. If a negative COVID-19 test result is received, send the results to BGS and return to the gym after a full 5 day quarantine period. If a positive COVID-19 test result is received, all BGS Protocols must be observed.

If you do not get tested after you arrive back in L.A. County, you must quarantine for a full 10 days.

- **Domestic Travel in a Personal Vehicle:**

No quarantine period necessary, **if there are no symptoms of illness.**

FULLY VACCINATED (have received two doses of Pfizer or Moderna, or a single dose of Johnson & Johnson AND a Booster shot OR have received two doses of Pfizer or Moderna, or a single dose of Johnson & Johnson and are not yet eligible for a Booster shot, but at least two weeks have passed since receiving the full dosage of the vaccine).

No quarantine period necessary **if there are no symptoms of illness.**

A Covid-19 test is suggested 3-5 days after return from travel.

Resources regarding Isolation and Quarantine:

<http://publichealth.lacounty.gov/acd/docs/HomeisolationenCoV.pdf>

<http://publichealth.lacounty.gov/acd/ncorona2019/covidquarantine/>

ENTER & EXIT

BE PREPARED TO SAFELY ENTER & EXIT:

Prior to arriving, students must come dressed for gymnastics class in leotard and/or shorts & t-shirt.

During this time the lockers, locker rooms & water fountain are not available.

Athletes must provide their own mask.

We recommend wearing sandals for easy on & off, long hair must be pulled back neatly & placed in a very secure ponytail to avoid redoing hair & touching their face.

Students must be dropped off at their assigned start time and picked up on time!

At the assigned arrival time, students will enter through their assigned door.

Upon prompt arrival please head to your assigned door and stand on the floor markers. Everyone will be temperature checked upon entry and will line up on floor markers.

There will be no social gathering on the premises, inside or outside.

Students must depart immediately after their program ends.

Parent or care giver must call the office if arriving late for pick-up.

BACKPACK

PERSONAL ITEMS:

All lockers and locker rooms are closed until further notice.

Athletes will keep all of their personal items in their backpacks. (Please no cell phones or money.)

There will be no sharing of backpack items.

Water bottle should be filled to last the whole class, however, a water refill station will be available if needed. The water fountain is closed.

If attending day camp, each child will be required to bring camp-specific personal items with them each day.

These items must be removed each day and cannot be kept at BGS overnight.

ACTIVITIES:

To ensure the safety of all, we have reduced the number of students to allow for required small, socially-distant, age-appropriate groups.

Each group will remain in their assigned group for the duration of their program to reduce the risk of contact contamination.

Groups will rotate through skill courses in designated areas on equipment spaced apart. We have created a flow chart for safely moving throughout. Floor markers are spread throughout the facility for walking, restroom breaks and lining up.

When needed, students will be guided to the restrooms and athletes must wash hands before returning.

COACHES & PARENT VIEWING

COACHES & PARENT VIEWING:

Coaches and Staff:

All coaches and staff will be wearing a face covering and will maintain social distancing. Please know that due to the nature of the sport of gymnastics, coaches will spot an athlete when needed, but will primarily utilize drills for skills with no contact coaching as much as possible during this time. Coaches/ Staff may need to assist a student who is injured, and will break the distancing protocols if it is necessary for the safety of the child.

Parent Viewing:

In order to minimize the number of people in the gym, we are asking parents and care givers to refrain from coming into the facility at this time.

When available, the BGS Observation Deck will be opened (but is subject to closure). All persons must be checked in at the front desk and sign in and out. We kindly ask you to limit observers to two adults per student.

All persons in or attending Broadway Gymnastic School must strictly abide by the BGS Sick and Travel Policy, observation procedures and understand the inherent risk while attending this facility.

Broadway Gymnastic School Safety Guidelines

Our mission is to protect athletes, employees, and families by creating safety guidelines to help prevent the spread of disease.

Entry

All persons must use hand sanitizer upon entry.



**Our staff is
100%
fully vaccinated!**

Roll Call

Staff will escort students to clearly marked line-up positions, 6 feet apart, to wait to begin. Any adult guardian must adhere to social distancing guidelines.



Scheduling

Schedule will accommodate the student-to-facility ratio and organized to avoid overlap at entry and exit points.



Staff Work Habits

All staff will be temperature checked prior to entry. Coaches will be required to wash hands before and after. Masks are required. Gloves and Booties are available. If students are spotted during the lesson, the instructor must sanitize hands between each child.



Group Spacing

Students are required to maintain a social distance from one another. Tape and floor markers will be provided to establish distancing.



Facility Standards

All high contact surfaces will be sanitized daily and following each group. Food and drink items will not be sold during this time.



Exiting

Staff will line students up to exit the building, using floor markers for distancing. Hand sanitizer will be distributed upon their departure and they will exit one at a time.



Broadway Gymnastic School

Additional Precautions:

Our mission is to protect athletes, employees, and families by creating safety guidelines to help prevent the spread of disease.

All staff members are to agree to a 24-hour wellness standard. Should they feel fatigued or obtain a fever within 24 hours of a shift, they are required to call out from the shift. Managers are to be notified immediately.

1 person in the Pro-Shop at a time. No try on, exchanges or refunds. All sales final.

Disinfectant and Virucide or an EPA-registered cleaner is to be used on hard surfaces.

Your health and safety is our #1 Goal.

Any adult guardian must adhere to social distancing and entry requirements while in the facility.

No water fountains will be accessible at this time. Students shall bring their own bottle of water.

Athletes are required to wear masks if it's safe to do so.

Chalk will be individual access only, not from a group chalk bin.

Spotting is acceptable as it is a necessary safety measure for many athletes.

Facility must have good ventilation.

Only staff are permitted in the office.

Let's help #StopTheSpread

we rise.
we heal.
we overcome together.

To keep us all healthy, we ask...



Do not enter if you feel sick or have had a fever or cough



Maintain **6-ft of distance** at all times from others



Use a **face covering** over your nose and mouth



Wash your hands frequently with soap or hand sanitizer



**We are taking every measure to
keep you safe while here**



**Please remember to be
kind and respectful
to our employees in return**



City of Los Angeles
[Coronavirus.LACity.org/Business](https://www.coronavirus.lacity.org/business)

#StopTheSpread

Talking to your kids about the

Coronavirus

Don't be afraid to talk about the coronavirus.

Most children would have heard about the virus or seen people wearing masks. This is your opportunity to keep them informed and set the tone.

Focus on what they can do to keep safe.

Help your kids feel empowered by teaching them what they can do to keep safe. Show them how to wash their hands or how to sneeze properly.

Manage your own anxiety.

When you notice yourself feeling anxious, take time to calm down before trying to have a conversation or answering your child's questions.

Sources:

www.who.int

www.cdc.gov

Be developmentally appropriate.

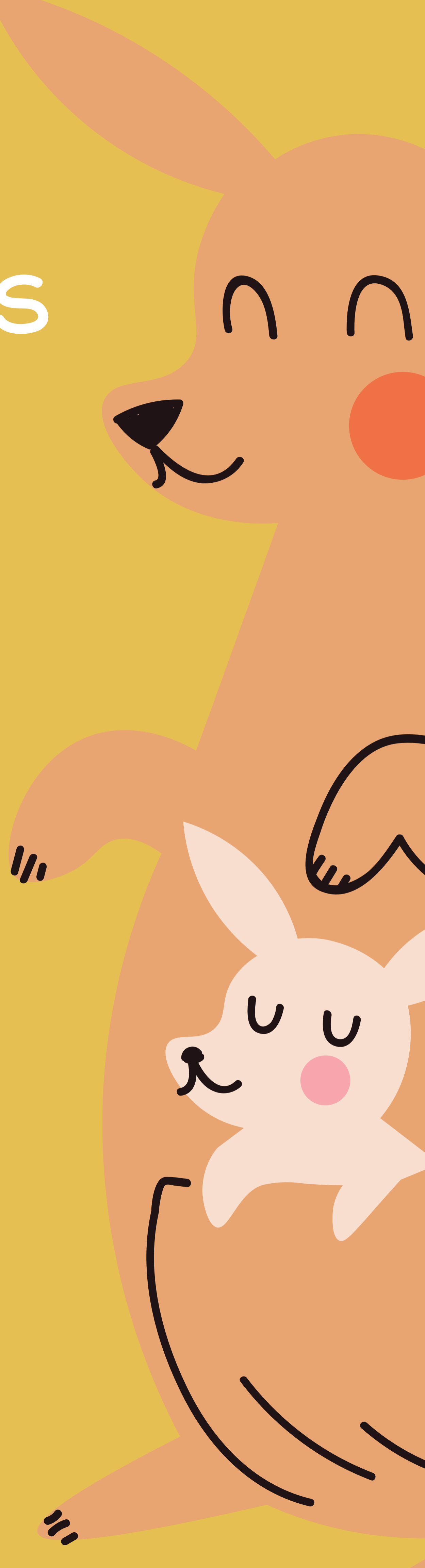
Try answering their questions instead of volunteering too much information as this might be overwhelming.

Stick to Routine.

School might have been shut down so it's up to you to keep your kid's day structured. Create and stick to schedules for mealtime, study and play.

Let them talk about their worries.

Be open and invite them to discuss what they may have heard and how they feel.

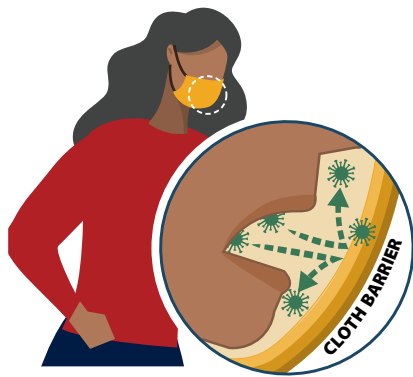
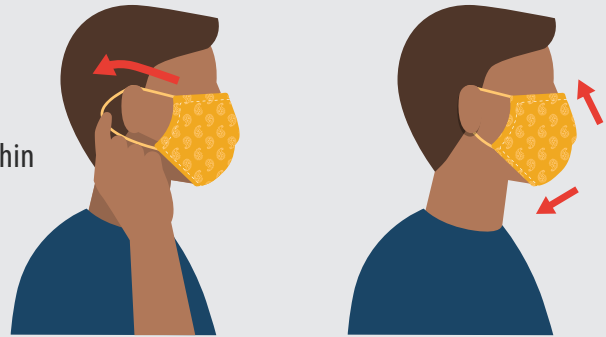


How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear a face covering to help protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Keep 6 feet of distance with others



6 feet of distance means:



The length of a
surfboard



The width of a
couch



The width of
the front of a
car



City of Los Angeles
[Coronavirus.LACity.org/Business](https://www.coronavirus.lacity.org/business)



Hands that look clean can still have icky germs!



WASH YOUR HANDS!



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention