



# School Holiday Preparedness Checklist for CPS Families

While enjoying time with family and friends, stay safe from RSV, flu, and COVID-19



### GET VACCINATED

The most important thing you can do to protect yourself this season is to get vaccinated for influenza (flu) AND COVID-19.

Vaccines can reduce your risk of:

- Getting infected
- Becoming seriously ill
- Transmitting illness to others

For COVID-19, make sure you get your primary vaccine series. If you've already received your primary series, make sure you get a new bivalent booster, which protects against newer Omicron variants of COVID-19.

It is safe to receive both vaccines at the same time. CPS offers both vaccines at our regional and mobile clinics; make an appointment at [cps.edu/vaccination](https://cps.edu/vaccination).



### STAY HOME IF YOU ARE SICK

If you are having the following symptoms, consider postponing your gathering and consult with your healthcare provider:

- Fever 100.4 or higher; chills
- Shortness of breath
- Difficulty breathing
- Sore throat
- New loss of taste or smell
- New muscle or body aches
- Nausea, vomiting, diarrhea
- Headache
- Runny nose or congestion
- Fatigue

RSV and influenza have some similar symptoms to COVID-19, and you still risk spreading them to others.

*(more information on the second page)*





## WEAR A MASK

Wearing a mask can protect you and your family from COVID-19 and other airborne illnesses such as RSV and flu.

Masks are strongly recommended at CPS, and required for those returning to school after a COVID-19 infection or exposure. You should also wear a mask when:

- You are feeling sick with flu or COVID-19-like symptoms,
- You are visiting family members or friends who are at high risk from RSV, flu, or other respiratory illness,
- You are attending a large gathering or event.



## GET TESTED

Rapid take-home COVID-19 tests are available at all CPS schools to all students and staff. COVID-19 testing is recommended:

- Prior to travel
- After Thanksgiving, Winter, or Spring Break
- Before and after gatherings and large events.
- Anytime you feel sick

CPS also offers weekly COVID-19 testing at all schools; visit [color.com/readycheckgo-cps](https://color.com/readycheckgo-cps) to sign up.

Flu tests can be performed at any [CVS Minute Clinic](#) or by your healthcare provider. RSV tests can be performed by your healthcare provider.



## PRACTICE GOOD HAND HYGIENE

Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer with at least 60% alcohol.

