



What's in their backpacks?

If your kids are going back into a classroom this year, send them with the right items to stay healthy and safe at school.



**Backpack
Emergency Card**
to provide emergency
contact info



**Hand Sanitizer
& Tissues**
to avoid spreading
germs to others



**Cloth
Face Covering**
to reduce the spread
of COVID-19



Hand sanitizer should be used with adult supervision for children under six years of age.



**Healthy Breakfast,
Lunch, & Snacks**
to encourage good nutrition
throughout the day



**Reusable
Water Bottle**
to stay hydrated and
avoid sugary drinks



**Sneakers &
Loose-Fitting Clothing**
to make it easy to be active



Helmet
to prevent serious types of head or
brain injury if they bike to school



Insect Repellent
to protect from mosquitoes,
ticks, and other insects



**Sunscreen, Hat, Sunglasses,
Long Sleeves, & Pants**
to protect from the sun



TIPS



CLEAN HANDS SAVE LIVES.

Prevent the spread of germs. Teach your kids the five handwashing steps—wet, lather, scrub, rinse, and dry—and the key times to wash hands, such as after using the bathroom or before eating.



Teach your kids why it's important to stay at least 6 feet away from others to slow the spread of COVID-19.



Remember to clean and disinfect items from your child's backpack daily.

Learn more about what you can do to support healthier schools, and if your children are learning from home this year, use this checklist to make sure they stay healthy.

For more information about how to prevent chronic disease and maintain a healthy lifestyle, follow [@CDCChronic](#) on Twitter or visit cdc.gov/chronicdisease.

