

COVID-19:

Staying Safe in Schools



The ability to keep children healthy, happy and learning in the school setting is critical to enhancing their education. Navigating COVID-19 during the school year can be stressful for both parents and children. The tips below can help ensure a safe, productive school year.

Help Stop the Spread by:



**Arranging
outside playdates**



**Masking
when indoors**



**Practicing
hand hygiene**



**Staying home
when sick**



**Ensuring
healthy meals**



**Ensuring
adequate sleep**

If your child is 12 years of age or older, talk with your pediatrician for details regarding the COVID-19 vaccine as a way to help reduce risk factors in this age group. For children younger than 12 years old, prevention measures such as those listed above are the best steps to help keep them safe and healthy.

Attention Parents: Skip the Trip

For minor illness, like a cold, sinus infection, pink eye, allergies or ear problems – VidantNow Virtual Care is FREE for a limited time. VidantNow lets you speak directly with a doctor 24/7 on any device that has internet access.

- Download the **VidantNow app** from the Apple App Store or Google Play
- Visit **VidantNow.com**
- Call toll-free: **888-575-2522**

COVID-19 Testing

- COVID-19 testing is available through local pediatrician offices, often for same day appointments.
- Maynard Children's Hospital also offers appointment-based COVID-19 testing. Please call 252-816-3720 from 8:30 a.m. – 5 p.m. Monday through Friday to schedule an appointment.
- In addition, Vidant Health offers a dedicated, pediatric-friendly COVID-19 drive-up testing site at the corner of Stantonsburg Road and Wellness Drive in Greenville.

Additional Resources

For the latest information on Vidant's response to COVID-19, testing locations and to schedule a vaccination appointment: [VidantHealth.com/Vaccinate](https://www.vidanthealth.com/Vaccinate)

