

STAY HEALTHY



HEY EVERYBODY!
LET'S ALL DO OUR PART!

AT THE STUDIO WE

DISINFECT SURFACES & CLASSROOM MATERIALS DAILY.



KEEP TEACHERS HOME IF THEY AREN'T FEELING WELL.



KEEP STUDENTS & SIBLINGS HOME FOR 24 HOURS IF THEY AREN'T FEELING WELL (SUCH AS BAD COUGHS, DIARRHEA, FEVER OR VOMITING)

REST IS BEST!



PARENTS CAN HELP

...even if they really, really want to come to dance!



AND EVERYONE SHOULD

WASH HANDS WELL & OFTEN!

WASH FOR AT LEAST 20 SECONDS WITH SOAP & WATER.



GET IN ALL THE NOODS & TRUNKS!

SNEEZE & COUGH INTO ELBOW.

SECURE SPREADS IN YOUR EYES & IN YOURS.



ACHOO!

DON'T TOUCH YOUR FACE.

DON'T PICK YOUR NOSE, RUB YOUR EYES OR PUT YOUR HANDS IN YOUR MOUTH.



YOUTH PROTECTION ADVOCATES IN DANCE®

KEEPING OUR DANCE FAMILY HEALTHY, HAPPY & SAFE!

Should I come to dance class or stay home?



FEVER

Temperature of 100°F or more for any reason.

STAY HOME!

RETURN WHEN:

I have been fever-free for 24 hours.

WITH A FEVER, I CAN:

Imagine my dances, watch dance shows or movies, and dream about all things dance.



VOMIT

Two or more times within 24 hours.

STAY HOME!

RETURN WHEN:

I am vomit-free for 24 hours.

WITH VOMITTING, I CAN:

Practice my first position arms as I hug the bowl.



DIARRHEA

Two or more times within 24 hours.

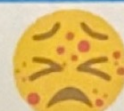
STAY HOME!

RETURN WHEN:

I have been diarrhea-free for 24 hours.

WITH VOMITTING, I CAN:

Work on my cardio running to and from the bathroom.



RASH

Body rash with itching and/or fever.

STAY HOME!

RETURN WHEN:

I have a doctor's note saying I am A-OKAY and not contagious.

WITH A RASH, I CAN:

Work on shaking my sillies out.



HEAD LICE

Body rash with itching and/or fever.

STAY HOME!

RETURN WHEN:

I have a doctor's note saying I am A-OKAY and not contagious.

WITH A RASH, I CAN:

Work on shaking my sillies out.



PINK EYE

White of the eye is pink with drainage coming from the eye.

STAY HOME!

RETURN WHEN:

I have a doctor's note saying I am A-OKAY and not contagious.

WITH A RASH, I CAN:

Work on shaking my sillies out.



COUGH & COLD

Runny nose, a cough, etc.

USE YOUR JUDGEMENT

AT DANCE, I CAN:

I can come to class and take it easy. Participate in parts of class that don't make me feel worse. Sit to watch and observe the parts of class that I don't want to do today.

STAY HOME IF:

We aren't sure if this is just a cold or something more serious like the flu or strep throat.



FLU/STREP THROAT

Flu symptoms/red throat with patches, swollen glands, fever.

STAY HOME!

RETURN WHEN:

I have completed 24 hours of treatment and have been fever-free for 24 hours without the help of medicine.

WITH THE FLU OR STREP, I CAN:

Watch dance movies or shows, think through my routines, and rest.



INJURY

Any injury that may affect my ability to dance.

COME TO CLASS!

WITH AN INJURY, I CAN:

Participate in as much of the class that does not hurt or put pressure on my injury. I can work on conditioning, stretching, and observing while sitting and watching the parts of class I can't fully participate in.



FEELING OFF

Tired, pale, lack of energy, headache, tummy ache, anxious, sad.

USE YOUR JUDGEMENT

RETURN WHEN:

I feel better and well-rested!

WHEN FEELING OFF, I CAN:

Use dance class to feel better, or let my teacher know that I may participate in some portions of class but might need to take it easy.