



## **Pediatric Post-COVID-19 Rehabilitation Clinic**

# **School-Based Strategies**

These are common school-based strategies for children and teens with long COVID. Always discuss if specific strategies are appropriate for you with your healthcare team.

#### **Pleasure**

Create social opportunities and include extra curriculars that are fun or enjoyable.

Support connections with peers.

### **Simplify**

Establish a point person to make a clear plan for the school day. Schedule check-ins with a guidance counselor.

#### **Hydrate**

Prioritize increasing daily fluid intake

#### Add

Copies of notes, extra time for assignments, dim lights for rest, reduce noise, print out notes.

#### Rest

Add pre-determined rest breaks into the day.

### Extra time

Add extra time to work on assignments or for transitions in hallways.

# REA

#### **Meals and Snack Breaks**

Eat at regular times and have a salty snack available.

#### **Routine**

Keep things the same day to day until ready to add more.

#### **Prioritize**

Determine if an activity is necessary, difficult, or if it can it be shared or spread out.

#### Movement

Sit instead of stand and lay down, temporarily, if sitting is challenging.

#### **Pacing**

Determine how much energy is used walking and moving. Is the building large? Is there a long walk to class? Don't overdo or underdo.

#### Plan

Plan for ups and down. The nature of long COVID is that symptoms are going to wax and wane sometimes without any connecting reasons for the change.