

Back to School Safety Tips

for Pediatric Solid Organ Transplantation (SOT) Recipients



Protect yourself and your school from COVID-19.

SOT recipients may feel scared to go back to school during an ongoing pandemic. Here are the most important tips for students in K-12. Everyone is different, so SOT recipients are encouraged to consult their care team.



Keep a safe distance.

If you spend more than 15 minutes with other people at school, stay 6 feet apart.



Clean your hands frequently.

Hand hygiene is very important. Wash your hands with soap and water for 20 seconds or use hand gel with at least 60% ethanol.



Ask your school questions.

Make sure your school's cleaning and disinfection procedures comply with local health department and CDC guidelines.



Stay home if you're sick.

You must stay home if you feel sick or have been exposed to a person with known COVID-19.



Know which mask to wear.

Surgical Mask (3-ply disposable mask)

Wear a 3-ply, disposable mask or a cloth face covering with a plastic face shield if other students and staff don't have masks on.

Cloth Mask

Cloth masks are okay if all students and staff are also wearing masks or cloth face coverings.

If you are a higher risk SOT recipient, wear a 3-ply disposable mask ALL the time.

Tell your school that you are a transplant recipient!

Specific support or accommodations may be available. Helpful COVID-19 resources for pediatric SOT recipients can be found at pids.org.

Reports on kids from other countries returning to school safely are reassuring, if proper protocols are followed. But pediatric SOT recipients are not specifically mentioned in these reports. The information above, sourced from the Pediatric Infectious Disease Society (PIDS), has been helpful in containing the spread of COVID-19.