Seasonal checklist: tips and to-dos
Make the school year more manageable with these tips to keep CGD top of mind

**Tips**
- Avoid communal water jugs. Use personal water bottles when playing on sports teams
- Attend to cuts and scrapes right away on the playground, on the playing field, and in the classroom
- When leaves fall, raise your awareness. Your child should not jump in leaf piles. In fact, they should stay away from them!
- Remember—avoid field trips where dust and dirt may be present, including farms and hayrides

**To-dos**
- Talk to coaches about not practicing or playing games when the grass has been recently mowed
- Let coaches know your child needs to avoid locker rooms where mold may be present and identify a solution if needed
- Get the flu shot early if your doctor says your child needs one
- Schedule a progress meeting with your child’s teacher(s) to see how the IEP/504 plan is working and if adjustments are needed

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**Fall**
Go back to school with confidence, and set the foundation for a great year ahead.

**Tips**
- Make sure your child’s teacher knows to inform you of winter illnesses going around the school
- Rare Disease Day is the last day of February. It’s a great time to call attention to CGD and how you and your child are raising awareness at school!

**To-dos**
- Mold can grow on some holiday decorations (including wreaths and trees), so ask your school principal to consider artificial alternatives instead
- Any opening or cut from chapped or cracked winter skin can be an entry point for infection, so make sure your child has moisturizer in their desk or locker
- With the heat on full blast, now is also a good time to ask school personnel to check the air vents to ensure they are free of dust and mold

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**Winter**
As the seasons change, stay vigilant in your efforts to make this a productive year for your child.

**Tips**
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Seasonal checklist: tips and to-dos

**Tips**
- Make sure teachers and coaches understand the dangers posed by puddles of stagnant rainwater.
- Be aware of projects that may present hazards for your child, like planting gardens or science experiments with dirt.
- May is National Teacher Appreciation Month. Honor those teachers and school staff members who have helped your child have an above-average school year.

**To-dos**
- Remind the groundskeeping crew not to mow the lawn during school hours or when the windows are likely to be open.
- Remind teachers that your child can’t dig in the dirt or be around mulch.
- Evaluate how your IEP/504 plan worked for the year and how you can change or update it for the year to come.

**Spring**
As temperatures rise, so does the chance of bacteria growing. Keep CGD top of mind as the school year winds down.

**Tips**
- Avoid swimming trips to standing bodies of water, such as lakes, ponds, rivers, and brackish water. Choose well-chlorinated pools instead.
- When traveling, bring portable air filters and bottled water.
- Be aware that dry weather can lead to more spores and dirt in the air.

**To-dos**
- If your child is going to a new camp or school, check the playgrounds for woodchips.
- If there is construction or renovations at school during the summer, find out when they will be completed. Your child needs to have a dust-free school.
- Update your child’s IEP or 504 plan for the upcoming year.
- Before school starts, schedule a healthcare meeting with the appropriate school staff.

**Summer**
Take advantage of the long days and the outdoors while keeping safety first.