

## Safe at School: Recommendations for Virtual Learning

The Safe at School Campaign of the American Diabetes Association® (ADA) offers recommendations and tips for parents, guardians, students, and schools in an effort to ensure the health and safety of students with diabetes during the COVID-19 pandemic. These recommendations provide guidance to support a smooth transition of safe diabetes management and care from home to school. The decision for your child to attend school in-person, receive remote or online learning, or to use an alternate model is a personal decision that should be based on currently available information and an individual risk assessment in consultation with your child's diabetes care provider. The guidance provided below focuses on navigating the current reality of a virtual learning option for students that many school districts have implemented.

A student's legal rights do not change during a pandemic. Schools and families should work together to create a healthy, safe, and supportive learning environment that provides students with diabetes the ability to learn and access all school-sponsored activities the same as their classmates without diabetes.

Students with diabetes should have a 504 Plan, IEP, or other written accommodations plan regardless of their school learning mode. The considerations listed below may be included in the plan of a student with diabetes enrolled in virtual learning.

- Schedule regular diabetes check-ins or care visits with the school nurse or other school health consultant
- Work with the school nurse and the student's diabetes provider to identify community resources as added support to the student's existing diabetes care and support, if needed
- Ensure inclusion in all school-sponsored activities with diabetes care assistance from staff, as needed
- Permit absences for sick days and medical appointments without penalty
- Permit breaks to leave online classroom sessions for diabetes management and to use the bathroom without penalty
- Permit breaks to leave online classroom sessions if experiencing blurred vision from hyper or hypoglycemia without penalty
- Permit the student to turn off their camera to maintain privacy to manage diabetes without penalty
- Record all online classroom sessions so the student may access the sessions at alternative times if they are absent or away from the classroom
- Permit the student to consume food and drink at the computer during classroom time
- Agree upon a communication method, such as a chat box, to alert the teacher of diabetes needs and care
- Permit "stop the clock" accommodations for treatment of hyper or hypoglycemia during the duration of the test without penalty
- Allow rescheduling of tests if the student sustained hyper or hypoglycemia

More information may be found at [diabetes.org/safeatschool](https://diabetes.org/safeatschool)