

# Information for Parents and Students



Personal  
Measures

In order to ensure the health and safety of students, staff, and community members we expect all parents/guardians to support SBE in this new process.

Parents/guardians should take care not to frighten their child but use this as an opportunity to educate them that with proper safety measures they will reduce their risk of getting sick or getting others sick.

Teachers and staff will be highlighting proper hygiene protocols to students daily, but home education will assist this work and ensure students understand what they can do themselves to ensure a safe learning environment.

## Responsibilities of Parents

Parents/guardians should help their children understand what the common COVID-19 symptoms are so that they are aware of it.

The most important **daily responsibility** of parents/guardians is to screen your child every morning to ensure they are not exhibiting symptoms of COVID-19.

This screening will follow the AHS COVID-19 guidelines and must be conducted for each child prior to boarding the school bus or being dropped off by the parents/guardians.

If a child is exhibiting COVID-19 symptoms, the child is to remain home. If this child has siblings or other children that it is in close contact within the residence, these children must also remain home from school. The school should be contacted, and the family should contact Siksika Health Services CDC Team immediately.

Additional responsibilities include minimizing in-person entry to schools by parents. Phone or email communication should be utilized whenever possible. If a parent must enter the school, parents/guardians are to only enter the office and will be required to wear a face mask while inside the school. Parents/guardians should also physically distance (minimum 6ft) at school pick-up and drop-off.

## COVID-19 Symptom Checklist

The following list outlines COVID-19 symptoms that parents should be aware of:

### **NEW COVID-19 SYMPTOM LIST FOR CHILDREN AND YOUTH**

\*This is a summary. Consult Alberta.ca for more detail.

#### **CORE SYMPTOMS**

- Fever
- Cough
- Shortness of breath
- Loss of smell or taste

A child with one or more of these symptoms must isolate for 10 days. They can return to school earlier if they have a negative COVID-19 test, are not a close contact of a positive case and symptoms are gone.

#### **OTHER SYMPTOMS**

- Chills
- Sore throat/painful swallowing
- Runny or congested nose
- Feeling unwell/fatigued
- Nausea, vomiting or diarrhea
- Loss of appetite
- Muscle/ joint aches
- Headache
- Pink eye

A child with only one of the “other” symptoms must stay home and be monitored for 24 hours. If the symptom is improving, they can return to school when they are feeling well enough to go.

A child with two or more of the “other” symptoms — or one symptom that is getting worse — must stay home until symptoms are gone or he/she has a negative COVID-19 test result.

Stay away from congregate living facilities or acute care centres for 10 days unless the child had a negative test result and is feeling better.



A change is made to remove sore throat and running nose from the list however if you were in close contact with a positive COVID-19 case than sore throat and runny nose will still be considered symptoms.

A COVID-19 Symptom Checklist Form is provided which outlines all possible symptoms and must be completed each morning. **Parent/Guardian/Students must use this questionnaire to decide if their children should attend school.**

**Screening Questions:**

| 1. Do you or your child that is attending the school have any of the following symptoms? |   | Circle One |    |
|--|---|------------|----|
|  | Fever   | Yes        | No |
|  | Cough   | Yes        | No |
|  | Shortness of breath/difficulty breathing  | Yes        | No |
|  | Loss of sense of taste or smell   | Yes        | No |
|  | Chills  | Yes        | No |
|  | Feeling unwell/fatigued   | Yes        | No |
|  | Nausea/vomiting/diarrhea  | Yes        | No |
|  | Unexplained loss of appetite  | Yes        | No |
|  | Muscle/joint aches  | Yes        | No |
|  | Headache  | Yes        | No |
|  | Conjunctivitis (Pink Eye)   | Yes        | No |
| 2.   | Have you travelled outside of Canada in the last 14 days?   | Yes        | No |
| 3.   | Have you/your child had close unprotected* contact (face-to-face contact within 2 meters/6 feet) in the last 14 days with someone that is ill**?      | Yes        | No |
| 4.   | Have you/your child or anyone in your household been in close unprotected* contact in the last 14 days with someone who is being tested for COVID-19? | Yes        | No |

*\*Unprotected means close contact without appropriate personal protective equipment (PPE)*

*\*\* Ill means someone with COVID-19 symptoms on the list above*

**Teaching Hand Hygiene**

Parents/guardians should discuss with their children the importance of hand hygiene and help them understand when one should wash their hands. Key activities that require hand washing/sanitizing include:

- Before entering school
- Before and after recess
- Before and after using the bathroom
- Before and after eating (snacks, lunch, etc.)
- After coughing, sneezing or blowing your nose.
- Any time a student enters common areas they should hand sanitize

In addition to educating one’s child when hand washing/sanitizing is required, parents should also educate their children on “high touch” surfaces. These surfaces are often unavoidable to *not touch* but children should be educated to avoid touching their faces, mouths, eyes and ears afterwards.

“High touch” surfaces include:

- Doorknobs;
- Stair bannisters;
- Desks;
- Shared computers;
- Restroom surfaces; and
- Water fountains

Proper hand washing techniques should be shared with children. The following graphic illustrates Health Canada’s guide to washing one’s hands.

**REDUCE THE SPREAD OF COVID-19.**  
**WASH YOUR HANDS.**

- 1**  
Wet hands with warm water
- 2**  
Apply soap
- 3**  
For at least 20 seconds, make sure to wash:  
palm and back of each hand  
between fingers  
under nails  
thumbs
- 4**  
Rinse well
- 5**  
Dry hands well with paper towel
- 6**  
Turn off tap using paper towel

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