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Reply to: 416-338-7600 publichealth@toronto.ca www.toronto.ca/COVID19

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Dear Parent or Legal Guardian:

Re: Guidance for the Holiday Season

Toronto is still under Lockdown (**Grey Zone under the Provincial COVID-19 Response Framework**). Toronto Public Health has prepared a <u>Holiday Guide</u> with information on how you and your family can safely plan for and celebrate the holiday season this year.

The Holiday Guide includes information on:

- Shopping and gift giving.
- Alternative ways to celebrate with family and friends.
- · Making events memorable.
- · Accessing religious rites and services.
- Managing holiday stress.
- Making donations.

Additional information about gift giving and celebrations specific to the school community is available here.

As we continue to see high rates of COVID-19 cases in Toronto, it is very important that you and your family continue to follow these public health measures:

- Stay home except for essential trips, such as work, school, or healthcare visits.
- Stay home if you have COVID-19 <u>symptoms</u>, even if they are mild, <u>self-isolate</u>, and arrange to get <u>tested</u>.
- Limit gatherings in your home to the people you live with. If you live alone, you may include one person from outside your household.
- Go out for fresh air and exercise only with the people you live with.
- Check in with vulnerable family members, friends and neighbours virtually or by phone.
- Download the <u>COVID Alert App</u> to be notified if you were close to someone who is contagious with COVID-19.

More information on the Grey Lockdown restrictions is available <u>here</u>. Visit <u>school</u> <u>information for parents & caregivers</u> regularly for updates.

Thank you for all that you are doing to help reduce the spread of COVID-19 in our community. I would like to wish you and yours a joyous and safe holiday season!

Yours truly,

Nicole Welch RN. BSc. MSc. Director, Toronto Public Health