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September 29, 2020

Dear Parent or Legal Guardian:

**Re: Updates from Toronto Public Health**

We will continue to update you on changes to COVID-19 protocols related to schools as the scientific evidence and policies change, and our local situation unfolds.

**Reduce the spread of COVID-19:** To address the rising case counts of COVID-19 in Toronto, everyone is reminded to adopt steps for self-protection:

- limit contact with anyone you don't live with, as much as possible
- keep at least six feet apart from people you don't live with, as much as possible
- wear a mask when outside your home, especially in indoor settings and when physical distancing is difficult
- wash your hands often
- stay at home when sick

**Students with symptoms:** Students who have symptoms are encouraged to be tested. If they have a negative result for COVID-19, they may return to school, once their symptoms have been improving for 24 hours. If they do not get tested, they must [self-isolate](#) for 14 days. We have created a [fact sheet](#), [decision tool](#) and some [scenarios](#) to help inform you.

**COVID-19 Testing:** There are now many ways for children to be tested for COVID-19. The health care provider at the assessment centre will determine the most appropriate testing method for your child. It can include a deep nasal swab, a throat swab and swab of each nostril or a new saliva test. The saliva test is available at Women's College, Mount Sinai and Toronto Western Hospital assessment centres. It will be available at other assessment centres in the next few weeks.

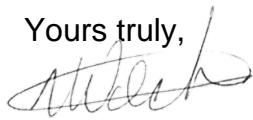
**COVID-19 Assessment Centres** are for anyone who has COVID-19 symptoms, people who were in close contact with someone infected with the virus, and those directed by public health to get tested. Recently a number of pharmacies also provide COVID-19 testing if you do not have any COVID-19 symptoms and were not directed to go for testing from Toronto Public Health. For information and updated criteria for COVID-19 testing and where to get tested in Toronto, visit our [COVID-19 Testing webpage](#).

**Postpone Grade 7/8 student immunizations:** To meet the anticipated high demand for flu vaccination this fall, the vaccination clinics for Grade 7/8 vaccines (hepatitis B, meningococcal and human papillomavirus) have been postponed to the new year. To avoid delays, parents can also ask their health care provider to vaccinate their children and to order the free vaccines directly from Toronto Public Health at [toronto.ca/ordervaccines](https://toronto.ca/ordervaccines).

**Flu vaccination clinics:** Toronto Public Health will be holding community flu vaccination clinics from mid-October until December. More information will be available soon to book an appointment at [tphbookings.ca](https://tphbookings.ca).

For updated information, visit [COVID-19 school information for parents & caregivers](#).

Yours truly,

A handwritten signature in black ink, appearing to read 'Nicole Welch', written over the typed name.

Nicole Welch  
Toronto Public Health Director