

# COVID-19: Presentation for Parents and Caregivers

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**Date: November 25, 2020**



# Focus of Discussion

- TPH support to school boards and role of the School Liaison PHN
- Facts about COVID-19
- How to keep your child safer at school



- Credible sources of information
- Other concerns/questions

# TPH School Response

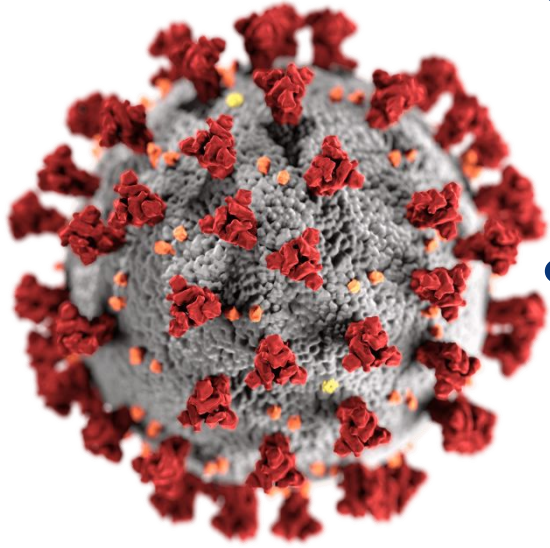
Toronto Public Health has established:

- A team of COVID 19 School Liaison Public Health Nurses to provide outreach, education and COVID-19 prevention services
- A team of Communicable Disease Investigators to follow-up when there is a positive case(s) or outbreak



Image from: Pixabay

# What is COVID-19?



- Coronaviruses are a large family of viruses
- Human Coronaviruses are common and lead to mild illness
- COVID-19 is a **new** strain

# Teach Your Child How COVID-19 is Spread



**Indirect contact**



**Direct contact**



**Droplets from coughing or sneezing**



**Wash your hands often with soap & water or an alcohol-based hand sanitizer**

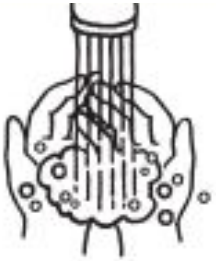


**Keep as much distance from others as you can & wear your mask**



**Cover your cough or sneeze & wear your mask**

# Hand Washing



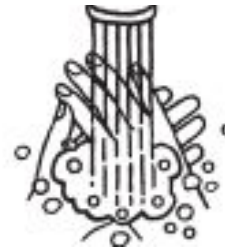
1. Wet hands



2. Apply soap



3. Lather 20 seconds.  
Rub between fingers,  
back of hands,  
finger-tips, under nails.



4. Rinse well  
under running  
water



5. Dry hands well  
with paper towel or  
hot air blower



6. Turn taps off  
with paper towel if  
available

Avoid touching your eyes, nose and mouth with unwashed hands.

# COVID-19 Symptoms



**Fever > 37.8°C**



**Cough**



**Difficulty breathing**



**Loss of taste or smell**



**Sore throat,  
painful swallowing**



**Stuffy/runny nose**



**Headache**



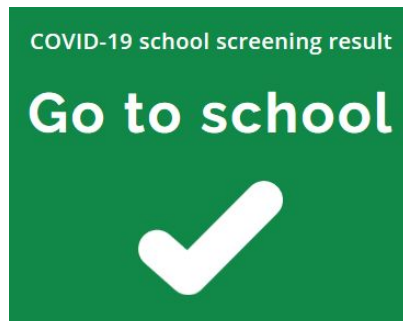
**Nausea,  
vomiting,  
diarrhea**



**Feeling unwell,  
muscle aches,  
feeling tired**

# Daily School Screening

- Daily screening is key
- Most school boards have their own screening tools – use these tools as required
- The Ontario Government has an online screening tool but it does not report out to individual school boards



[Ontario School Screening](#)







- Two-tiered screening based on two groups of symptoms
- Do not need a doctor's note to return, but may need a test, or assessment to return to school
- Back to School Confirmation Form available for parents/caregivers to complete

## Confirmation Form

STOP COVID-19 Please complete before entering the school.






Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

**1. Does your child have any of the following new or worsening symptoms?\***

Yes <input type="checkbox"/> No <input type="checkbox"/>  <p>Fever &gt; 37.8°C</p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p>Cough</p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p>Difficulty breathing</p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p>Loss of taste or smell</p>
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If "YES": Stay home, self-isolate & get tested or contact your child's health care provider.

**2. Does your child have any of the following new or worsening symptoms?\***

Yes <input type="checkbox"/> No <input type="checkbox"/>  <p>Sore throat, painful swallowing</p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p>Stuffy/runny nose</p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p>Headache</p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p>Nausea, vomiting, diarrhea</p>	Yes <input type="checkbox"/> No <input type="checkbox"/>  <p>Feeling unwell, muscle aches, feeling tired</p>
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**If "YES" to 1 symptom:**

- Stay home for 24 hours from when symptom started.
- If improving in 24 hours, can return to school. No test needed.
- If not improving, or getting worse, self-isolate & get tested.

**If "YES" to 2 or more symptoms:**

- Stay home, self-isolate & get tested or contact your child's health care provider.

**3. Has your child travelled outside of Canada in the past 14 days?**  Yes  No

**4. Has your child been identified as a close contact of someone with COVID-19?**  Yes  No

**5. Has your child been instructed to stay home and self-isolate?**  Yes  No

**If you answered "YES" to questions 3, 4 or 5:**

- Your child must stay home, self-isolate & follow the advice of public health.

\*Children who have an existing health condition identified by a health care provider that gives them the symptoms should not answer YES, unless the symptom is new, different or getting worse. Look for changes from your child's normal symptoms.

# HELPING KIDS WITH PHYSICAL DISTANCING AT SCHOOL



Show them what being 6 feet/2 metres apart looks like.



Reassure them it's OK to politely ask someone for more space.



Remind them that some space is better than no space.



Help them think of ways to connect with friends at a distance.



Practice fun greetings like hand over heart or long-distance high fives.

# 10 WAYS TO GREET FROM 6 FEET



1. A classic smile or wave



2. Blow a kiss



3. Take a bow or curtsy



4. Give the peace sign



5. Learn sign language for hello



6. Do an air high five



7. Throw your thumbs up



8. Place your hand over your heart



9. Have a distanced dance off



10. Give an air bear hug



# Face Masks and Coverings

## HOW TO WEAR A MASK OR FACE COVERING AT SCHOOL



**1** Before putting on the mask, clean your hands with soap & water or an alcohol-based hand sanitizer.

**2** Make sure the mask fits comfortably over your nose, mouth & chin so you can avoid adjusting it.

**3** Do not leave the mask on your neck, forehead or dangling from your ear.



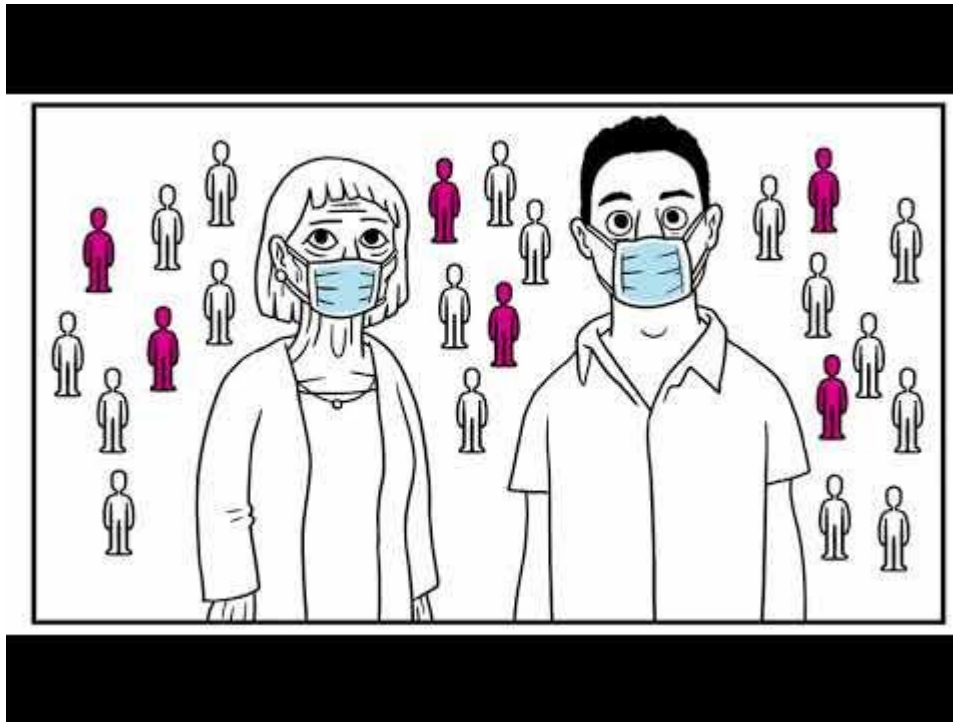
**4** Remove your mask by the ear loops as soon as it gets wet or dirty. Avoid touching the outside of the mask.

**5** Place the dirty mask in a bag and clean your hands again. Put on a new, clean mask.

**6** Do not share your masks with classmates.

# Medical and fabric masks: who wears what mask when?

World Health Organization:



# Qualities of a Good Cloth Mask or Face Covering

- Be at least two layers of tightly woven cotton or linen.
- Cover over nose, mouth and chin, and be easy to breathe through.
- Fit securely to the head with ties or ear loops without gaping or impairing vision.
- Be comfortable to avoid the need for adjustments when wearing.
- Maintain their shape after washing and drying.
- Not contain non-breathable materials such as plastic

# WHO's recommended fabric mask materials



# Masks with valves

Some commercially available masks have exhalation (breathable) valves or openings that make the mask more breathable for the person wearing it. However, these masks also allow infectious respiratory droplets to spread outside the mask.

Masks with exhalation valves are therefore not be used because they do not protect others from COVID-19 and do not limit the spread of the virus



# Face Masks and Coverings

## HELPING YOUR CHILD WEAR A MASK OR FACE COVERING AT SCHOOL



Help them practice wearing a mask at home before they go to school.



Teach them how to properly put on, wear & take off a mask.



Make sure the mask fits comfortably & covers their nose, mouth & chin.



Plan to send at least 2 masks with your child each day.



Send 2 bags to store clean and dirty masks separately. Masks should be changed when dirty or wet.



Remind students not to share their masks with others.

# Stay Informed

- New information is emerging every day
- Cases have risen recently as a result of playdates and social gatherings
- It is important to stay informed of changing recommendations



# COVID-19 School Protocol



## NOTIFICATION

Parents will be notified by Toronto Public Health if there is a positive case in the school. The identity of the person who tested positive for COVID-19 will not be shared as this is personal health information. It is important to remember that not all students are at-risk if there is a positive case in the school. The main concern is for close contacts of the person who has COVID-19.



## CONTACT TRACING

Toronto Public Health will follow up with the person who tested positive to find out where they may have gotten the infection, and who they may have exposed to the virus. Toronto Public Health will work with the school, to find out who they were in contact with at the school while they were contagious. When a person with COVID-19 is first identified, all students in the same class cohort will likely be told to self-isolate at home. This may change as Toronto Public Health finds out more information through the investigation.

If the source of the infection was outside of the school, and the person was not contagious while they were at school, then the class cohort will not need to self-isolate.

# COVID-19 School Protocol

## SELF-MONITORING AND SELF-ISOLATION

If someone was contagious while at school, all students who are identified by Toronto Public Health as close contacts of that person will be instructed to:



- Stay home and self-isolate for 14 days.
- Monitor for symptoms of COVID-19.
- Get tested if symptoms develop or as directed by Toronto Public Health.

As Toronto Public Health completes the investigation, if it is determined that students or staff did not have close contact with the person who had COVID-19, they will be allowed to return the classroom.

Other students in the school should also monitor for symptoms if there is a positive case in a school. But if they have not been told by Toronto Public Health that they are a close contact, they do not need to self-isolate.

COVID-19 School Protocol

# COVID-19 School Protocol



## PRINCIPAL CAN DISMISS COHORTS

While awaiting Toronto Public Health's investigation, principals can dismiss a class, bus or before/after school cohort if the person who has COVID-19 was at school while they were contagious. Once the investigation has been completed, Toronto Public Health may allow some of those cohorts back to school if the risk to the cohorts is low.



## SAFE RETURN TO SCHOOL

Toronto Public Health will advise students who have been asked to self-isolate when they can return to school.



## DECLARING AN OUTBREAK

Toronto Public Health is responsible for declaring an outbreak, and for providing directions during an outbreak. An outbreak is two or more positive COVID-19 cases in a school, within a 14-day period, with at least one infection traced back to the school environment. This may include transportation to and from school, or before and after school care. An outbreak can be declared for a class, grade or school.

# Who is a Close Contact at School?

CLOSE CONTACT	NOT CLOSE CONTACT
<p>You were within a 6 feet, or 2 metres distance for more than 15 minutes.</p> 	<p>You maintained a 6 feet, or 2 metre distance.</p> 
<p>Someone in your class, on your school bus or in your after school cohort.</p> 	<p>Goes to the same school, but is not in your cohort.</p> 
<p>You had close physical contact with the person, such as a hug.</p> 	<p>You were briefly in the same room together but kept your distance.</p> 
<p>A person who accidentally sneezed, or coughed on you while talking in close proximity.</p> 	<p>You passed a person quickly in the hall, or at recess.</p> 

# What To Do If Your Child Has Symptoms

Was your child a close contact of someone who tested positive for COVID-19?

YES

- Everyone, including household members, should stay home & self-isolate. Get your child tested.
- If positive, notify your child's school. Toronto Public Health will follow up with further instructions.
- If negative, the child still has to self-isolate until cleared by Toronto Public Health. Household members can return to work/school as long as they do not have symptoms.

NO

- Notify your child's school that they have symptoms.
- Your child should stay home, self-isolate & get tested.
- Household members should self-monitor for symptoms for 14 days & can attend school or work as long as they do not have symptoms, including while waiting for your child's test results.
- If household members develop symptoms they need to stay home, self-isolate & get tested.

TPH Child Symptoms Flowchart

# What To Do If Your Child Has Symptoms (continued)

What was the result of your child's COVID-19 test?

## POSITIVE

- Let your child's school know that they tested positive for COVID-19.
- Your child must stay home & self-isolate for 10 days from the day symptoms started.
- Household members & close contacts must also self-isolate for 14 days.
- Toronto Public Health will contact you to do an investigation & will provide further instructions.

## NEGATIVE

- Your child may return to school after it has been 24 hours since their symptoms started improving.
- Young children may have ongoing mild symptoms, such as a runny nose. If it is not new or worse, they may go back to school if they don't have other symptoms.

## NOT TESTED

- Your child must stay home & self-isolate for 10 days from the day the symptoms started.
- After 10 days, they can go back to school if their symptoms are improving.
- Household members should self-monitor & continue attending school or work if they do not have symptoms.
- If a health care provider has diagnosed a condition that isn't related to COVID-19, your child can return to school 24 hours after their symptoms improve.



# How to Self-Isolate at Home

- Avoid contact with others
- No visitors unless essential (e.g., care providers)
- Stay away from seniors and people with chronic medical conditions (diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from others in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g., open windows).
- If these steps are not possible, keep a distance of at least 2 metres from others at all times.

# How to Self-Isolate at Home

- If you are in a room with other people, keep a distance of at least 2 metres and wear a mask or face covering that covers your nose and mouth. Other people/family should wear a mask when they are in the same room as you.
- Wash your hands often with soap/water and dry your hands with a paper towel or cloth towel that is not shared.
- Cover your mouth and nose with a tissue when you cough or sneeze. Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a wastebasket lined with a plastic bag, and wash your hands. Clean your hands after emptying the wastebasket.

# Know when to self-monitor, self-isolate or send your child to



## What if...

### Hossein tests positive for COVID-19...

- Hossein will need to self-isolate for 10 days from when the symptoms began.
- His siblings and his family will all need to self-isolate for 14 days.



### Julia has symptoms of COVID-19...

- Julia needs to self-isolate at home, and arrange to get tested.
- Julia's siblings and other family members can still go to school or work while she is waiting for her test results, and if she tests negative for COVID-19.
- Julia can return to school if her test is negative, and her symptoms have been improving for at least 24 hours.



### Bao Lee has symptoms of COVID-19, but did not get tested...

- Bao Lee will have to self-isolate at home for 10 days from when his symptoms started.
- Bao Lee's siblings and other family members can still go to school or work as long as they don't have symptoms.



### Abdul was in close contact with someone who has COVID-19...

- Abdul must self-isolate at home for 14 days, and monitor for symptoms.
- Abdul's siblings and other family members can still go to work or school.
- But, if Abdul develops symptoms, his siblings and family will need to self-isolate for 14 days from the day his symptoms started.





## Berta's mom was in close contact with someone who tested positive for COVID-19...

- Berta's mom must self-isolate at home for 14 days, and arrange to get tested.
- Berta can still go to school.
- If Berta's mom develops symptoms of COVID-19 while she is self-isolating, then Berta, her siblings and other family members will also have to self-isolate until her mother's COVID-19 test results are confirmed.

## Jackson's mom has travelled outside of Canada in the last 14 days...

- Jackson's mom must self-isolate at home for 14 days. She should stay in a separate room and keep her distance from others at home.
- Jackson can go to school as long as he doesn't have symptoms.
- If Jackson's mom develops symptoms, she should get tested. Jackson and his family will have to stay home and self-isolate if Jackson's mom tests positive for COVID-19.



# The Nasal Swab Video (for kids)

## About KidsHealth Video about NP Swab

**GET  
TESTED  
FOR  
COVID-19  
IF:**



- 1** You have any COVID-19 symptoms, even if they are mild.
- 2** You have been exposed to a confirmed case of COVID-19, as informed by public health or through the COVID Alert app.
- 3** Public health has asked you to get tested (e.g. there are cases of COVID-19 in your workplace or school).
- 4** You are eligible for testing as part of a targeted testing initiative directed by the Ministry of Health, Ministry of Long-Term Care or other Ministries.

# Mental Health & Well-Being

## FEELINGS OF STRESS AND ANXIETY ARE NORMAL DURING COVID-19

**Stay connected.**  
Play a virtual game, check in on a neighbour, have a video conference.




**Be active & take care of yourself.**  
Exercise, eat well, get enough sleep.



**Take time to engage virtually or by phone with friends, family & loved ones.**



**Learn something new. Try a new hobby or take an on-line course.**



**Help someone else. Doing good can feel good.**



**Reach out for help.**  
Talk to someone you trust or seek professional support.



**Call 211 to connect with mental health support services**

**TPH Mental Health Resources**  
**ConnexOntario**

# SUPPORTING YOUR CHILD DURING SCHOOL



**Keep it simple.**  
Explain ways we  
can all stay safe.



**Listen.**  
Help them  
express their  
feelings & label  
their emotions.



**Use age-appropriate  
terms.**  
Provide answers in  
a way they can  
understand.



**Set routines.**  
Plan time to  
connect, play,  
rest & eat well.  
Limit screen time.



**Be patient.**  
Understand that  
we all respond  
differently  
to change.

# HELPING TEENS MANAGE BACK TO SCHOOL STRESSORS



Monitor changes in behaviour, e.g. trouble sleeping or withdrawn.



Be calm - check your own emotions before talking to your teen.



Listen & acknowledge their feelings. Comfort & reassure them.



Teach them coping skills like deep breathing or physical activity.



Find ways to help others. Doing good will make them feel good.



Encourage teens to reach out for more support if they need it.



# Mental Health & Well-Being

- [School Mental Health Ontario Covid-19: Parents and Families](#)
- [About Kids Health: COVID-19](#)
- [Children's Mental Health Ontario: Covid-19](#)
- [Back to School Mental Health Kit](#)



## BENEFITS OF WALKING OR WHEELING TO SCHOOL



Increases physical activity & improves cardiovascular health

Supports healthy brain development, which can lead to improved learning

Benefits mental health including reduced stress & increased happiness

Helps build life-long habits of independent & active mobility

# COVID Alert App

## Download COVID Alert today

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COVID Alert is Canada's free exposure notification app.



Available for iOS and Android

# Other Resources

- [Back to School Fact Sheet for Parents](#)
- [COVID-19 School Protocol](#)
- [TPH Child Symptoms Flowchart](#)
- [Talking to Your Kids About Going Back to School](#)
- [Preparing Your Child for School](#)
- [Video: Helping Your Child Wear a Mask or Face Covering at School](#)
- [Instructions for School Students Staff Visitors Tested for COVID-19](#)

# Trusted Sources of Information

- Toronto Public Health
- Ontario Health
- Telehealth Ontario: 1-866-797-0000
- Government of Canada
- Your healthcare provider

# Questions?



Image from: flicker

# If you have more questions:

We encourage schools to check [toronto.ca/COVID19SchoolInfo](https://toronto.ca/COVID19SchoolInfo) as new information is posted regularly.

Schools and parents/caregivers can also call us at **416-338-7600** if you have any COVID-19 questions.

# Follow TPH on Twitter

The image shows a screenshot of the Toronto Public Health Twitter profile. The profile header includes the name "Toronto Public Health" with a verified badge and "24.9K Tweets". The profile picture is a circular logo with the Toronto Public Health logo and the tagline "ask . discuss . connect". The bio states: "Official Toronto Public Health. Need health info? Call 416-338-7600. Translation is available. Account not monitored 24/7. Terms of Use: [ow.ly/c7p930ilK2z](https://ow.ly/c7p930ilK2z)". The location is "Toronto" and the website is "toronto.ca/health". The account was joined in March 2009. The profile shows 1,146 following and 63.1K followers. A list of users followed by the account is visible, including Dr. Chris Mackie, CollegeDietitiansON, and 20 others. The navigation bar at the bottom has four tabs: "Tweets", "Tweets & replies", "Media", and "Likes".

**Toronto Public Health** ✓  
24.9K Tweets

**Be COVID-Wise:**

- WASH YOUR HANDS
- WATCH YOUR DISTANCE (2m / 6ft)
- WEAR YOUR MASK
- WORK TOGETHER

**Toronto Public Health** ✓  
@TOPublicHealth

Official Toronto Public Health. Need health info? Call 416-338-7600. Translation is available. Account not monitored 24/7. Terms of Use: [ow.ly/c7p930ilK2z](https://ow.ly/c7p930ilK2z)

Toronto [toronto.ca/health](https://toronto.ca/health) Joined March 2009

1,146 Following 63.1K Followers

Followed by Dr. Chris Mackie, CollegeDietitiansON, and 20 others you follow

Tweets Tweets & replies Media Likes



# Thank You!

**Thank you for  
working to keep  
our school  
communities  
safe !**

