

COVID-19: Presentation for Parents and Caregivers of School Age Children

Date: **Dec. 15, 2020**



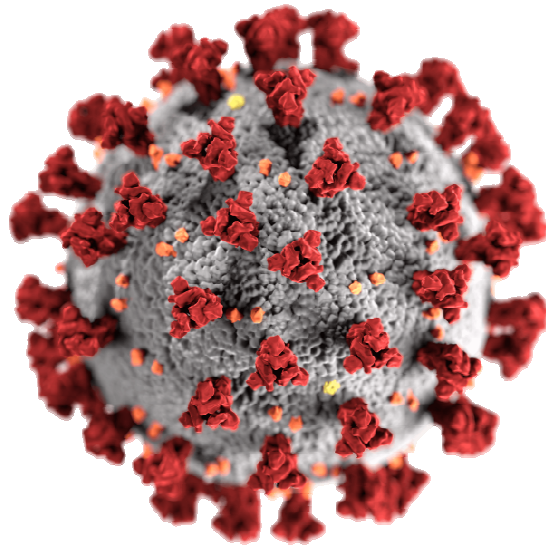
Focus of Discussion

- 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

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

TPH School Response

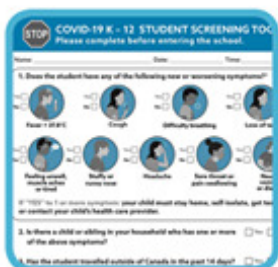
Toronto Public Health has established:

- 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

PUBLIC HEALTH MEASURES TO KEEP SCHOOLS SAFER



Complete the revised symptom checklist every day before school.



Students must stay home, self-isolate & get tested, if they have 1 or more symptoms.



Siblings in the same house must also stay home.



If the test is negative, student & siblings can return to school.



Wear a mask & keep a physical distance as much as possible.



Take outdoor breaks & open windows for ventilation in the classroom.

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**

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**

Screening Process for **Students**

- Important to complete everyday before leaving home
- Do not need a doctor's note to return, but may need a test, or assessment to return to school. Can use [Confirmation Form](#)
- Find this tool by going to: [School Screening Questionnaire](#)

COVID-19 K - 12 STUDENT SCREENING TOOL
Please complete before entering the school.

Name: _____ Date: _____ Time: _____

1. Does the student have any of the following new or worsening symptoms?*

| | | | |
|---|--|--|--|
| Yes <input type="checkbox"/> No <input type="checkbox"/> Fever > 37.8°C | Yes <input type="checkbox"/> No <input type="checkbox"/> Cough | Yes <input type="checkbox"/> No <input type="checkbox"/> Difficulty breathing | Yes <input type="checkbox"/> No <input type="checkbox"/> Loss of taste or smell |
| Yes <input type="checkbox"/> No <input type="checkbox"/> Feeling unwell, muscle aches or tired | Yes <input type="checkbox"/> No <input type="checkbox"/> Stuffy or runny nose | Yes <input type="checkbox"/> No <input type="checkbox"/> Headache | Yes <input type="checkbox"/> No <input type="checkbox"/> Sore throat or pain swallowing |
| Yes <input type="checkbox"/> No <input type="checkbox"/> Nausea, vomiting or diarrhea | | | |

If "YES" to any symptom:
Stay home & self-isolate + **Get tested** **Or** **Contact a health care provider**

2. Is there a child or sibling in your household who has one or more of the above symptoms? ☐ Yes ☐ No

3. Has the student travelled outside of Canada in the past 14 days? ☐ Yes ☐ No

4. Has the student been notified as a close contact of someone with COVID-19? ☐ Yes ☐ No

5. Has the student been told to stay home and self-isolate? ☐ Yes ☐ No

If "YES" to Questions 2, 3, 4 or 5:
Stay home & self-isolate + **Follow public health advice**

*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 my or my child's normal symptoms.

Updated December 2020

TORONTO.CA/COVID19

Why the Change?

- Cases in Toronto
- Rising percent positivity in children and youth
- 30% of children in Toronto had "mild" symptoms of runny nose and sore throat
- Positive cases were detected that had mild symptoms, went away, so went to school, but had Covid-19
- Want to catch all symptomatic infections – we cannot screen for asymptomatic infections

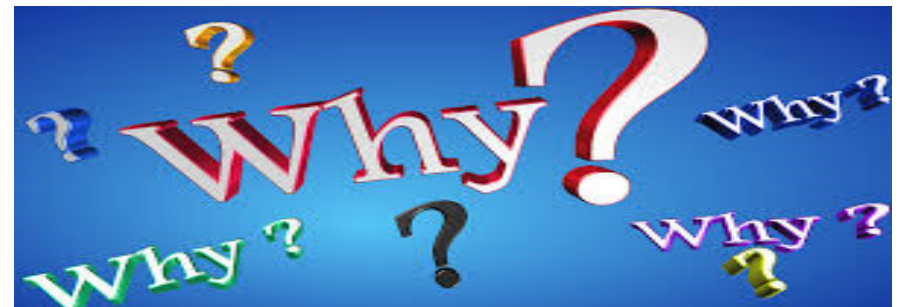


Image from: Needpix.com

What are the Major Changes?



- Staff/Visitor Screening Tool Remains the same
- Student Screening Tool JK-12 has changed
 - If student has 1 or more new or worsening symptoms they must stay home, self isolate and recommended to go for testing.
 - Siblings of students who have symptoms must self isolate as well and not attend school.

Changes to Screening Tool for Siblings

2. Is there a child or sibling in your household who has one or more ☐ Yes ☐ No
of the above symptoms?

- If the student is symptomatic, their household siblings must isolate as well.
- If the student has symptoms and has an alternative diagnosis, siblings do not need to self-isolate.
- If the student has symptoms and tests negative for COVID-19, siblings can return to school.

Changes for Siblings

- If the student has symptoms, does not go for testing and **is not a close contact of a positive case**, the student and siblings must self-isolate for 10 days.
- If the student has symptoms, does not go for testing and **is a close contact of a positive case**, the student must self-isolate for 10 days from when symptoms started. Their siblings should self-isolate for 14 days as this is how long it can take for symptoms to appear.
- If the student has symptoms and tests positive, the student must self-isolate for 10 days, and siblings must self-isolate for 14 days.

Screening Tool (Second Part) – Flow Chart

MY CHILD HAS 1 OR MORE SYMPTOMS OF COVID-19. WHAT SHOULD I DO?

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 (Close contacts need to isolate for 14 days). Household members can return to work/school as long as they do not have symptoms.
- If your child is not tested they need to self-isolate for 10 days. Household contacts will also need to stay home and self-isolate for 14 days.

NO

- Notify your child's school that they have symptoms.
- Your child should stay home, self-isolate & get tested.
- The student's siblings will also need to stay home and self-isolate until the child's test is negative. If the child is not tested, siblings need to stay home and self-isolate for 10 days.
- Adults in the home, including parents, will have to self-monitor for symptoms, but may go to work as long as the adult does not have symptoms.
- If the adult develops symptoms they need to stay home, self-isolate & get tested.

MY CHILD HAS 1 OR MORE SYMPTOMS OF COVID-19. WHAT SHOULD I DO?

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

NO

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.
- Siblings can return to school right away.

NOT TESTED

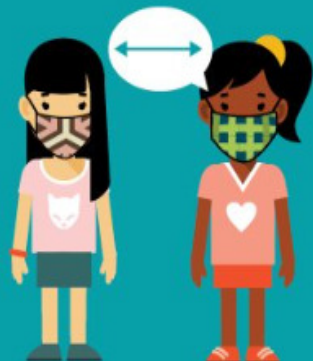
- Your child must stay home & self-isolate for 10 days from the day the symptoms started.
- After 10 days, they can go back to school if their symptoms are improving.
- The student's siblings will also need to stay home and self-isolate for 10 days.
- Adults in the home, including parents, will have to self-monitor for symptoms, but may go to work as long as the adult does 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. Their siblings are then not required to self-isolate for 10 days.

Physical Distancing Matters

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.

Masks and Face Coverings

**WE NOT ME. MY MASK PROTECTS
YOU & YOUR MASK PROTECTS ME.**

Know how to wear a mask properly to protect each other.



Face Masks and Coverings

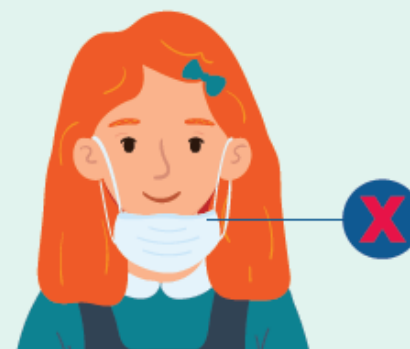
HOW TO WEAR A MASK OR FACE COVERING AT SCHOOL



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.

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](#)

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.



[COVID-19 School Protocol](#)

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>  |

Who Needs to Isolate?

Close Contacts of Individuals who are COVID Positive

- Need to isolate for 14 days because this is how long it takes for symptoms to develop
- Still need to isolate for 14 days if their test results are negative

Individuals who test COVID Positive

- Need to isolate for 10 days from when symptoms start because this is how long they are contagious.

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



What if...

Julia has symptoms of COVID-19...

- Julia must stay home, self-isolate, and arrange to get tested.
- Julia's siblings must also stay home and self-isolate until COVID-19 is ruled out.
- Adults in the household can still go to work if they do not have symptoms.
- Julia can return to school if her test is negative, and her symptoms have been improving for at least 24 hours.
- Julia's siblings can return to school if Julia tests negative.



Abishola has symptoms and tests positive for COVID-19...

- Abishola must stay home and self-isolate for 10 days from the day her symptoms started.
- Everyone in Abishola's household must stay home and self-isolate for 14 days.
- A parent should notify the school of the positive test result. The principal will dismiss Abishola's class. Public Health will contact the family with further instructions.



Bao-Lee has symptoms of COVID-19, but did not go for testing...

- Bao-Lee and all his siblings must stay home and self-isolate for 10 days from when his symptoms started.
- Adults in the household, including parents, must self-monitor for symptoms. They may go to work if they do not have symptoms.
- After 10 days, Bao-Lee and his sibling may go back to school if his symptoms are improving.



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

- Abdul must stay home, self-isolate and follow public health advice.
- Adults and siblings may go to school or work if they do not have symptoms.
- If Abdul develops symptoms, everyone in his household must stay home and self-isolate. Abdul should go for testing.
- If Abdul's test is negative, everyone in his household can return to school/work if they do not have symptoms. Even if Abdul tests negative he must complete his 14 days of self-isolation before he returns to school as that is how long it can take for symptoms to appear.

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



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

- Berta's mom must stay home, self-isolate 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 everyone in her household will have to self-isolate until her mother's test rules out COVID-19.



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

- Jackson's dad must stay home and self-isolate for 14 days, preferably in a separate room from others in the house.
- Jackson can go to school as long as he does not have symptoms.
- If Jackson's dad develops symptoms, he should get tested.
- Jackson and everyone else in his household will have to stay home and self-isolate for 14 days if Jackson's dad tests positive for COVID-19.

Reminder to Parents

- Playdates should not be taking place during the Grey Lockdown Category. This practice should be discouraged outside of the school even if it is with members of the same class cohort
- Playgrounds remain open but we strongly encourage parents who are bringing their children to play on school playground equipment after school hours to have their children:
 - remain physically distant from other children when on equipment
 - practice hand hygiene before and after using equipment and to not bring hands to their face

Reminder to Parents

- Trips outside the home should only be for essential reasons such as groceries, medical health care appointments, exercise, school, childcare and work that cannot be done from home
- Under the current restrictions, gatherings of 10 are permitted outdoors if everyone is physically distant from one another
- No indoor gatherings are permitted unless with members of the same household

COVID Alert App

Download COVID Alert today



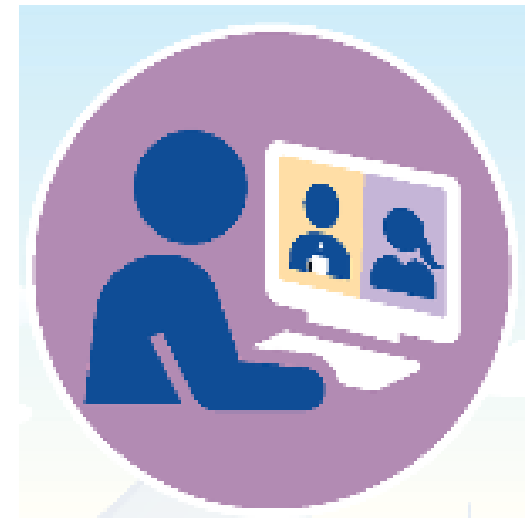
COVID Alert is Canada's free exposure notification app.



Available for iOS and Android

Stay Informed

- New information is emerging every day
- It is important to stay informed of changing recommendations



Trusted Sources of Information

- [Toronto Public Health](#)
- [Ontario Health](#)
- Telehealth Ontario: 1-866-797-0000
- [Government of Canada](#)
- Your healthcare provider

If you have more questions:

We encourage schools to check 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.

Questions?



Image from: flicker

Thank You!

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

**Thank You Thank You
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