

Dear Parents/Guardians,

I am writing to inform you of important changes that the Government of Ontario has made to help stop the spread of COVID-19 in the community. Everyone is required to follow these important directions from Ontario's Chief Medical Officer of Health.

### **Changes to the Mandatory COVID-19 Self-Screening**

Changes have been made to the mandatory COVID-19 self-screening that must take place every morning before leaving for school. Effective immediately, every student who has **one new or worsening symptom** of COVID-19 must stay home until:

- They receive a negative COVID-19 test result.
- They receive an alternative diagnosis by a health care professional, or
- It has been 10 days since the start of symptoms, and they are feeling better.

This is a change from the previous requirement to stay home if an individual has two or more symptoms. A list of symptoms has been included at the bottom of this message.

Parents/guardians must check their child(ren) for symptoms of COVID-19 every morning using the Government of Ontario's easy to use COVID-19 school screening tool at:

<https://covid-19.ontario.ca/school-screening/>



## **COVID-19 school screening**

Everyone in your household should stay home if anyone has COVID-19 symptoms or is waiting for test results after experiencing symptoms. Stay home until the person with symptoms gets a negative COVID-19 test result, is cleared by public health, or is diagnosed with another illness.

[covid-19.ontario.ca](https://covid-19.ontario.ca)

If your child does not pass the screening, please ensure that your child does not come to school and follow the directions outlined in the self-screening tool in order to keep everyone safe.

### **Isolation Requirement for Household Contacts of People with Symptoms of COVID-19**

If someone living in your household has symptoms of COVID-19, **everyone in the household is required to quarantine** (stay at home and not leave the home) until the person with symptoms:

- receives a negative COVID-19 test result, or
- receives an alternative diagnosis by a health care professional.

If the person with symptoms **tests positive**, or is **not tested** and does not receive an alternative diagnosis from a health care professional, the person with symptoms must isolate (including

from household members) for 10 days from when the symptoms started, and all household contacts must isolate until 14 days from their last contact with the person with symptoms.

## **Thank You**

On behalf of our entire school team, we appreciate your cooperation with these updated guidelines meant to keep everyone at our school community safe. Should you have any questions or concerns, or if your child is required to self-isolate, please do not hesitate to speak to your classroom teacher or the school office if we can be of any assistance.

Sincerely,

Sharon Knights  
Principal  
Clara Hughes P.S.

## **List of COVID-19 Symptoms**

- **Fever and/or chills**

Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher

- **Cough or barking cough (croup)**

Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions they already have)

- **Shortness of breath**

Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions they already have)

- **Decrease or loss of taste or smell**

Not related to seasonal allergies, neurological disorders, or other known causes or conditions they already have

- **Sore throat or difficulty swallowing**

Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions they already have)

- **Runny or stuffy/congested nose**

Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions they already have

- **Headache**

Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions they already have)

- **Nausea, vomiting, and/or diarrhea**

Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions they already have

- **Extreme tiredness or muscle aches**

Unusual, fatigue, lack of energy, poor feeding in infants (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions they already have)