



Westmount School Reopening Guide

2020/2021

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KEEPING YOU HEALTHY & SAFE!

BUILDING A SAFE ENVIRONMENT

These are the things that we are doing at Westmount School to promote a safe and healthy environment during the 2020/2021 school year.

GENERAL PRINCIPLES

- 1) Adhering to public health orders and best practices as recommended by AHS.
- 2) Promoting physical distancing as much as possible and sticking to cohort guidelines.
- 3) Daily (at home) screening of staff, students and families for symptoms of COVID-19.
- 4) Staff and students stay home when they are sick.
- 5) Hand sanitization stations can be found at each school entrance and in each classroom.
 - a. Students and staff use hand sanitizer whenever they enter or exit the school or a room.
- 6) Directional arrows on the floors promote physical distancing and help to avoid bottlenecks.
- 7) Some entrances have markers (paw prints) painted on the ground outside to indicate appropriate distances for students to space apart from each other when they are lining up to enter the building.
- 8) Student-friendly posters outlining general health etiquette can be found throughout the school. This health etiquette will also be taught in each classroom.
- 9) Water fountains have been turned off; however, water bottle re-fillers remain open for student use. Students are encouraged to bring their own reusable water bottles.
- 10) Adjusted scheduling of recesses, lunch and dismissals to support physical distancing as much as possible.
 - a. There are now 2 morning recesses and 2 lunch recesses. This allows us to have space for each grade on the playground (See Appendix 'A').
 - b. The playground is broken into 4 zones. The zones are identified through the use of pylons (See Appendix 'B').
 - c. Grade levels are assigned lanes for traffic going out and coming in for recesses. Numbered pylons mark these lanes (See Appendix 'C').
 - d. Students who walk home, who are picked up or ride the first set of busses are dismissed at 2:56 pm. Students who ride a bus in the second run are dismissed at 3:04 pm.
- 11) As singing is considered a high risk activity, O' Canada will be signed rather than sung by students and staff.
- 12) Visitors to the school wear masks, sanitize their hands and sign in at the office for contact tracing purposes.
- 13) Assemblies for the whole school occur virtually.

SUMMARY OF UPDATED CLEANING PRACTICES

Cleaning Practices Include:

- 1) Additional cleaning staff have been hired to clean high contact surfaces regularly throughout the day.
- 2) General classroom cleaning practices have been implemented.
 - a) Student desks are cleaned at least once a day with Bioesque.
 - b) Students and staff have access to Sunlight and water mixture that is used to clean regularly used surfaces.
- 3) Phys Ed equipment is cleaned using a disinfectant after each use.
- 4) Cleaning protocol for Chromebooks is put into place to ensure they are sanitized between each student use.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

- 1) Staff and students from Grades 4-6 will be wearing masks in common areas and when physical distancing is difficult as outlined in the Public Health Order.
- 2) Families who wish to have their K - 3 student wear a mask are supported.
- 3) Masks will be stored in a sanitary manner either on a clean desk surface, hung on the side of the student's desk or in a container solely used for the student's mask.
- 4) Masks may be removed during recess and physical education.
- 5) Families are asked to provide a clean mask for their child each day.
- 6) Staff may also use plexi-glass dividers when working with students.
- 7) Each staff member has a face shield to use if desired. Face shields do not replace face masks. Face shields will be disinfected after each use.
- 8) Rubber gloves are available to all staff members. At the office, rubber gloves are used when dealing with a student or staff member with COVID symptoms.

SO, WHAT'S A COHORT?

A cohort is a small group of students and staff whose members are always the same people, and who may at times not be able to remain two metres apart.

HOW DOES A COHORT WORK?

A cohort promotes physical distancing by minimizing contact between students in different grades. For example, a grade 3 student should have minimal exposure to students outside of that grade, or cohort, because their classes, recesses and activities have been scheduled to reduce interactions. Likewise, organizing as cohorts reduces the need to share objects and equipment between classes, which also reduces the risk of spread. A student will likely be a part of more than one cohort.

HOW DO I DO A SCREENING?

WHAT IS A SCREENING?

Screenings, or self-assessments, are one of our best tools to help keep everyone safe at Westmount School. A screening is a questionnaire that you complete to determine if you have any COVID-19 symptoms, or if you may have been exposed to COVID-19.

Please note that the screening protocols for adults and for all children are different.

WHO NEEDS TO COMPLETE THIS?

- 1) Students for each day that they will physically be in Westmount School.
- 2) Visitors to the school before they enter the building.
- 3) All staff.

HOW DO I KNOW IF I AM GOOD TO GO?

This is very simple:

- 1) If you answered “NO” to all of the questions, you are safe to enter the building.
- 2) If you answered “YES” to any one of the questions, please call 811 or launch the self-assessment tool found here: <https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>

WHEN AND WHERE DO I DO A SCREENING?

Completing a screening is a very simple process and can be done from the comfort of your own home before school. It can be completed orally with children at home, or individually by each adult. Teachers will not be asking students these questions at the doors to the school, nor are paper copies required to be sent to the school.

All Westmount families have been emailed copies of the screening questionnaires. The screening questionnaires can also be found at www.ghsd75.ca. A copy of the screening questionnaires is included in this section.

Have a mobile device? This QR code is an easy way to access the GHSD75 screening questionnaire:



Please see Appendix ‘D’ for the COVID-19 Alberta Health Daily Checklist (For Children Under 18).

Please see Appendix ‘E’ for the COVID-19 Alberta Health Daily Checklist (For Adults 18 Years and Older).

STUDENT AND STAFF HEALTH BASELINES

Health baselines are created for staff and students who have pre-existing health conditions (allergies, etc.) that present symptoms similar to COVID. After a negative COVID test, those symptoms are recorded. The individual and their family are responsible for recognizing if they are experiencing symptoms that differ from their regular symptoms.

STUDENT OR STAFF WHO PRESENT SYMPTOMS WHILE AT SCHOOL

The following steps will be taken if a student or staff member becomes sick at school:

- ☐ If a teacher becomes symptomatic while at school, they will leave the school immediately. While at school, they will continue to wear a face mask.
- ☐ Students who fall ill will be asked to wear a non-medical mask if they are not already and will be taken to the sick room in the office.
- ☐ The parent/guardian will be notified to come and pick up the student immediately.
- ☐ If the student requires close contact and care, staff will make a concerted effort to care for the student until the parent/guardian is able to pick up the student. Staff will wear PPE and maintain physical distancing from the student as much as possible.
- ☐ If very close contact is required, the staff member should also use a face shield or eye protection.
- ☐ The room that the sick student used to wait in for pick up will be sanitized after their departure, and before any other use.
 - ☐ Cleaning of this area will include the following:
 - ☐ A caretaker or porter will be called to clean the room. This individual will use the cleaning products and guidelines outlined by GHSD's facility department.

THINGS THAT YOU MAY NOTICE

Westmount School is going to be the same great learning environment that makes this school great. However, you will notice that there have been some adjustments made to make that environment as safe as possible.

ARRIVAL

- 1) Bus drop-off is staggered to promote physical distancing.
- 2) Classes enter through assigned doors as normal and students will be encouraged to maintain two metres between themselves.
- 3) Some assigned doors use painted markers on the ground outside to promote physical distancing when students line up.
- 4) Students sanitize their hands upon entering the building, and when entering classrooms.
- 5) Physical distancing will be promoted throughout the school.

- 6) Grade 4-6 students will wear masks in areas such as in boot rooms and hallways.
- 7) Families dropping their children off or students walking to school are encouraged to arrive as close to 8:21 am as possible.
- 8) Students will line up outside of the school until about 8:13 am at their designated entrance door (See Appendix 'F'). At that time, supervisors will let students in. Students will hand sanitize upon entering the school and go directly to their classrooms.
- 9) Supervisors will patrol the hallways before the bell rings in order to ensure that students go directly to their classrooms and their desks.

IN THE CLASSROOM

- 1) Classroom seating has been organized to give as much distance as possible between students. Student seating will be arranged to have everyone facing the same direction.
- 2) Hand hygiene, respiratory etiquette and regular cleaning will be taught and encouraged by school staff.
- 3) Masks are used by grade 4-6 students and staff.
- 4) Desks are cleaned at least once a day with Bioesque.
- 5) Students and staff have access to a Sunlight/water spray and Bioesque at all times. These cleaners can be found in all classrooms as well as in common areas.
- 6) Soft furniture, rugs and accessories have been removed to eliminate surfaces that are difficult to clean.
- 7) Students will have their own classroom materials stored separate from the materials of other students.

RECESS & LUNCH

Westmount School has staggered recesses and lunch times. What does this mean? This means that instead of all students being outside at once, cohorts of students will be outside for recess at different times and in different areas of the yard. See Appendix 'A' for the schedule.

- Students will not share food at snack or lunch.
- Initially, the milk program will not run. This will be revisited in January.
- The Hot Lunch program will start in November.
 - All food will be packaged by restaurant staff and delivered to the school.
 - Volunteers (wearing gloves and masks) will sort the hot lunch. Hand hygiene and respiratory hygiene will be promoted.
 - The classroom teacher or a designated staff member will pick up the Hot Lunch. The teacher will distribute the hot lunch after appropriate hand hygiene.
 - Hot Lunch volunteers will not have contact with students.

DISMISSAL

Staggered dismissal is implemented at the end of the day to help reduce the number of students in any one area and to help maintain cohorts.

- 1) Students who are being picked up, who walk home, or who ride a bus in the first bus run are dismissed at 2:56 pm.
- 2) Students being picked up are encouraged to set a meeting spot off of the bus run with their families.
- 3) Students who ride a bus in the second bus run are dismissed at 3:04 pm.
- 4) Students wait for their busses in their bus cohorts.
- 5) If a student presents COVID symptoms at school, they will not ride the bus home.

VISITORS/VOLUNTEERS

Westmount School loves having visitors and volunteers. However, we are asking that visits are limited unless absolutely necessary. We ask that the following precautions are taken if you need to visit the school:

- 1) Complete the COVID-19 screening (self-assessment) before entering the school. If you are displaying any symptoms, please hold off on your visit.
- 2) We ask that visitors to the school wear a mask as per the Public Health Order.
- 3) Visitors are asked to use hand sanitizer upon entering and exiting the building and any rooms.
- 4) Contact between visitors/volunteers and students is limited if not entirely avoided.
- 5) All visitors sign in at the office. This is important so that we can keep an accurate record of who and when someone has been inside the school. This information would be used for contact tracing if needed.
- 6) Visitors to Westmount School can reduce the times they come into the school by calling the school beforehand, knocking or ringing the doorbell. School staff will meet visitors at the front door.
- 7) Families can arrange to meet with teachers or administrators in advance by calling or emailing. If meetings take place in person, masks will be worn and a 2m distance between participants will occur. Virtual meetings are a safe alternative to face to face meetings and will be used when appropriate.

MUSIC CLASSES

Music classes for Grades K - 4 will continue. The following practices will be adhered to:

- Singing, at this time, has been temporarily suspended. Rather, students will participate in activities such as using instruments, body percussion, dance, and studying about composers/music history. Literature about music will be brought into the music classroom as well.
- Instruments will be cleaned with Bioesque or left for 72 hours between uses.

- The music teacher will go into the homeroom to teach when possible. When this is not possible, she will teach in the music room. The use of the music room will be limited. All chairs and equipment will be sanitized after each class.

GYM ~ PHYSICAL EDUCATION

All classes will be using the gym. The following practices will be adhered to:

- There are designated 'Entrance' and 'Exit' doors.
- Students will hand sanitize upon entrance.
- Upon entering the gym, students will sit on marks that are 2m apart.
- Students in Grades 4 - 6 will store their masks in individual containers during gym class.
- All equipment will be sanitized before being used by another class.
- When possible, social distancing will be encouraged.
- When possible, Physical Education classes will occur outside.

LIBRARY

The following practices will be adhered to within the library:

- Students will go to the library as a class cohort.
- Students will enter on one side the library and hand sanitize upon entering.
- Students will exit on the other side of the library and hand sanitize upon exiting.
- Each grade level will be assigned a section in the library to choose from. The sections will rotate each month to increase choice for students.
- Teachers will request bins of books to be used within their classrooms.
- Books will be quarantined for 72 hours before being put back into circulation.
- Classroom libraries will be used. Books will be quarantine for 72 hours before being returned to the shelf. Students will be encouraged to visually browse before touching books.

LOCKERS

Lockers will be used by our Grade 5 students at this time as their class sizes do not allow for the safe storage of student belongings.

- Lockers will be spaced out.
- Locks will not be used.
- Students will be under the direct supervision of their teacher while using lockers.

WHAT HAPPENS WHEN SOMEONE IS TESTED FOR COVID?

We are all in this together, and it is important that we all know what to do in case of illness. Below, you will find a chart below that identifies your responsibilities when you are tested for COVID-19. Please also see the updated COVID-19 Guidance for Parents of Children Attending School and/or Childcare by AHS (see Appendix G).

1. Your child has one or more of these COVID-19 symptoms: Fever/Cough (new cough or worsening chronic cough)/Shortness of breath or difficulty breathing (new or worsening)/Runny nose/Sore throat – Follow this guidance - <https://bit.ly/3dGJYXb>

2. Your child is asymptomatic and has been identified as a close contact of a person who tested positive for COVID-19 – Follow this guidance - <https://bit.ly/2T88JSX>
3. Your child has one of more of these COVID-19 symptoms: Chills/Painful swallowing/Stuffy nose/Headache/Muscle or joint aches/Feeling unwell, fatigue or severe exhaustion/Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)/Loss of sense of smell or taste/Conjunctivitis, commonly known as pink eye – Follow this guidance - <https://bit.ly/3kdn8ZX>

Symptoms	COVID-19 Test Result:	Management of Individual:	Management of Individual's Close Contacts*:
Symptomatic	Positive	Isolate for a minimum 10 days or until symptoms resolve, whichever is longer.	Quarantine for 14 days from last exposure
	Negative	Stay home until symptoms resolve. Except: if identified as a close contact of a confirmed case <ul style="list-style-type: none"> • Quarantine for 14 days since the last exposure (even with a negative result) 	N/A
Asymptomatic	Positive	Isolate for a minimum of 10 days from the collection date of the swab.	Quarantine for 14 days from last exposure
	Negative	No isolation required. Except: if identified as a close contact of a confirmed case <ul style="list-style-type: none"> • Quarantine for 14 days since the last exposure (even with a negative result) 	N/A

*Close Contacts:

- Provide direct care for an individual with COVID-19 or who had similar close physical contact OR
- Had close prolonged contact OR
- Had direct contact with infectious body fluids of an individual with COVID-19 (i.e., was coughed or sneezed on).

HELPFUL LINKS

Are you looking for more information? Here are some helpful links that can get you started:

RESOURCE	LINK
<u>GHSD School Relaunch Guide 2020/2021</u>	<p>Scan:</p>  <p>Type: https://bit.ly/3gyJJ08 </p>
<u>How to Wear a Mask</u>	<p>Scan:</p>  <p>Type: https://bit.ly/2QFM1jB</p>

STRONGER TOGETHER

We are thrilled to be back at school! We know that this will be a successful year for our entire Westmount School community. The Westmount School learning environment has always been safe and inviting. Together we will keep it that way!

Westmount School Contact Information:

Phone: 403-934-3041

Email: westmount@ghsd75.ca

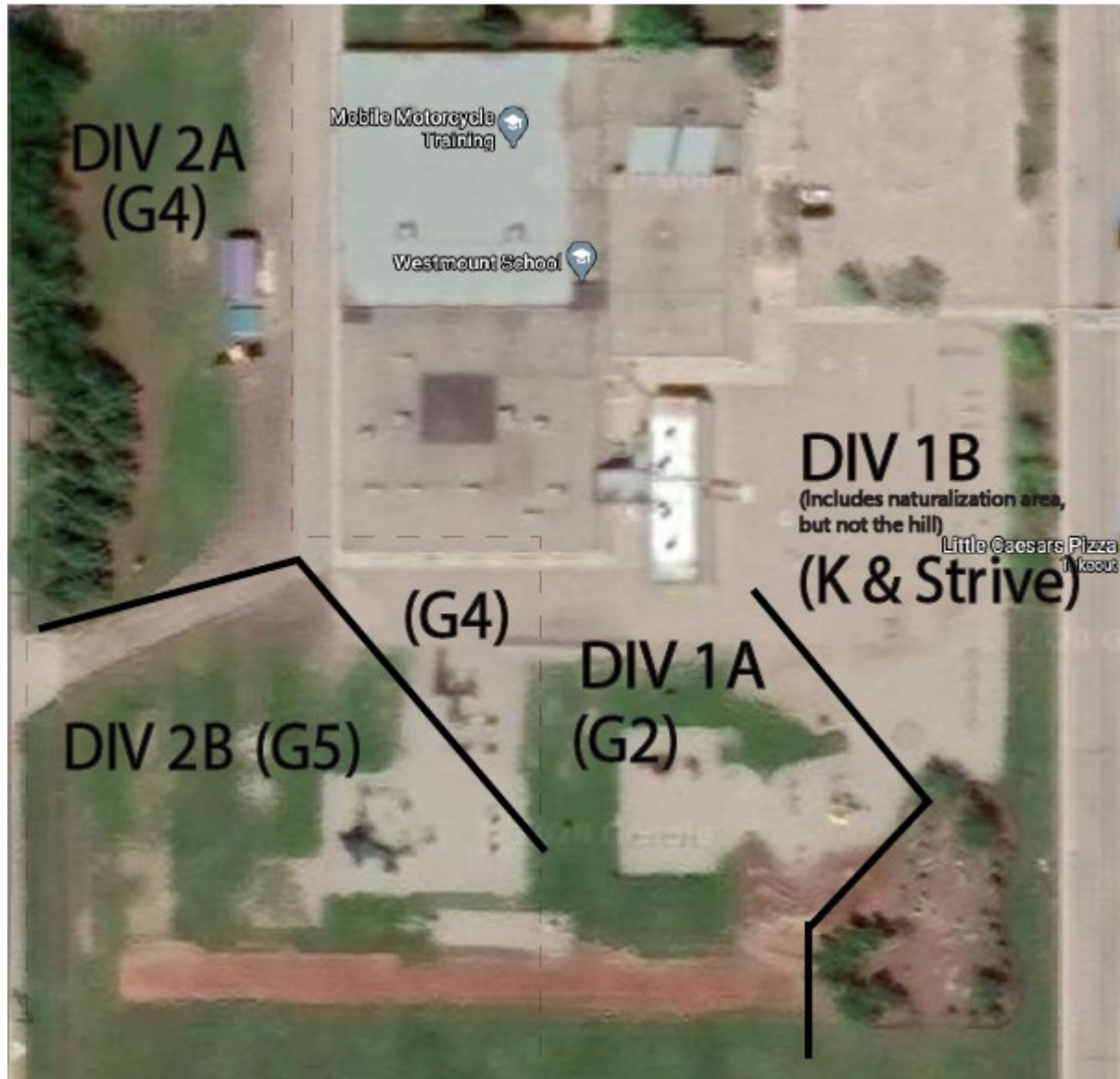
APPENDIX A — STAGGERED RECESS SCHEDULE

Staggered Recess Schedule		
Morning Recess	10:17 – 10:32	Strive, Kindergarten, Grades 2, 4 & 5
	10:32 – 10:47	Grade 1, 3 & 6
Afternoon Recess	12:23 – 12:45	Grade 1, 3 & 6
	12:45 – 1:08	Strive, Kindergarten, Grades 2, 4 & 5

APPENDIX B - PLAYGROUND ZONES

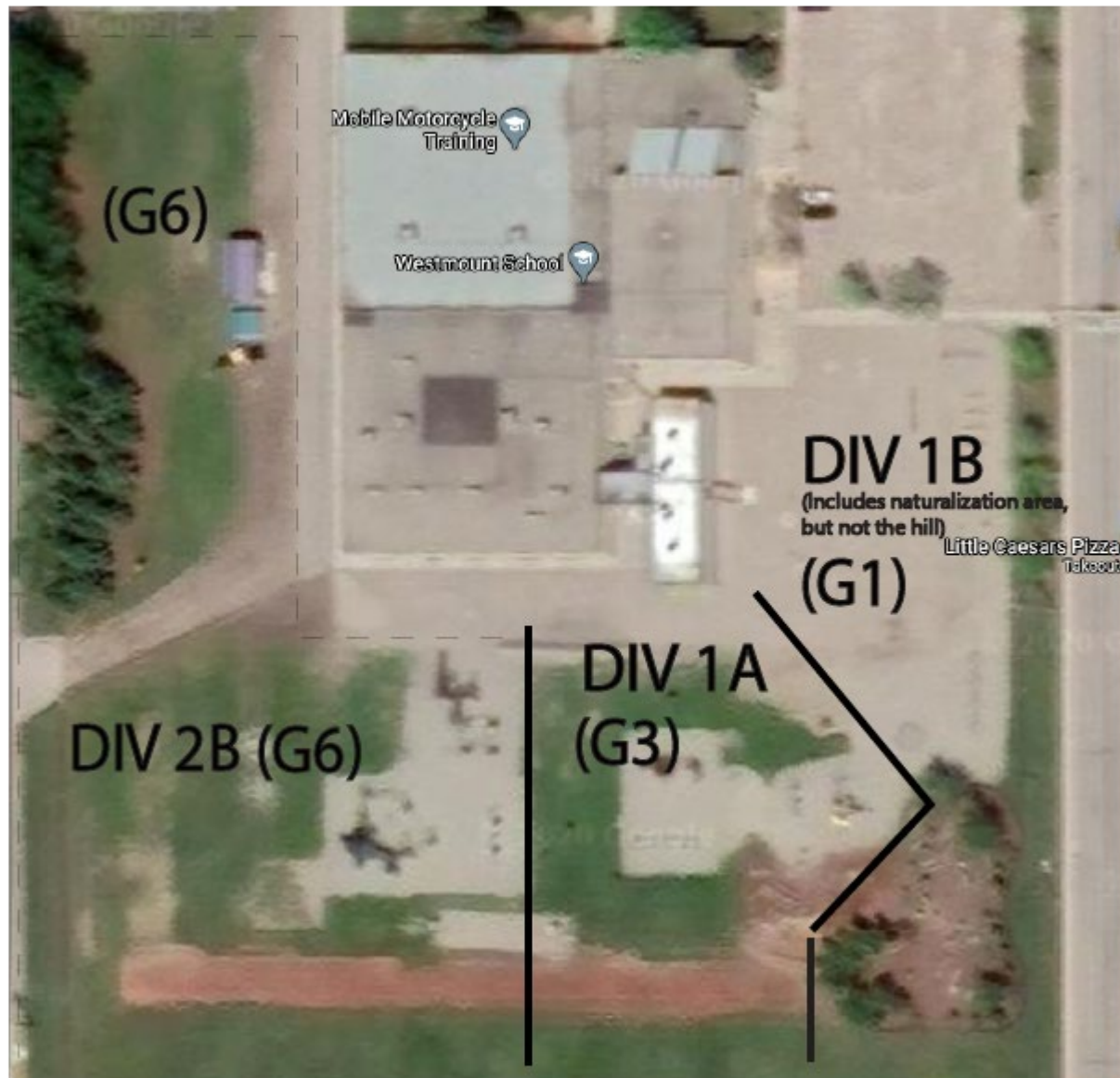
Recess 1 - 10:17 - 10:32, 12:45 - 1:08

Including grades: **Strive, K, 2, 4, 5**



Recess 2 - 10:32 - 10:47, 12:23 - 12:45

Including grades: 1, 3, 6



APPENDIX C - GRADE SPECIFIC TRAVEL LANES

Recess Entry & Exit Lanes

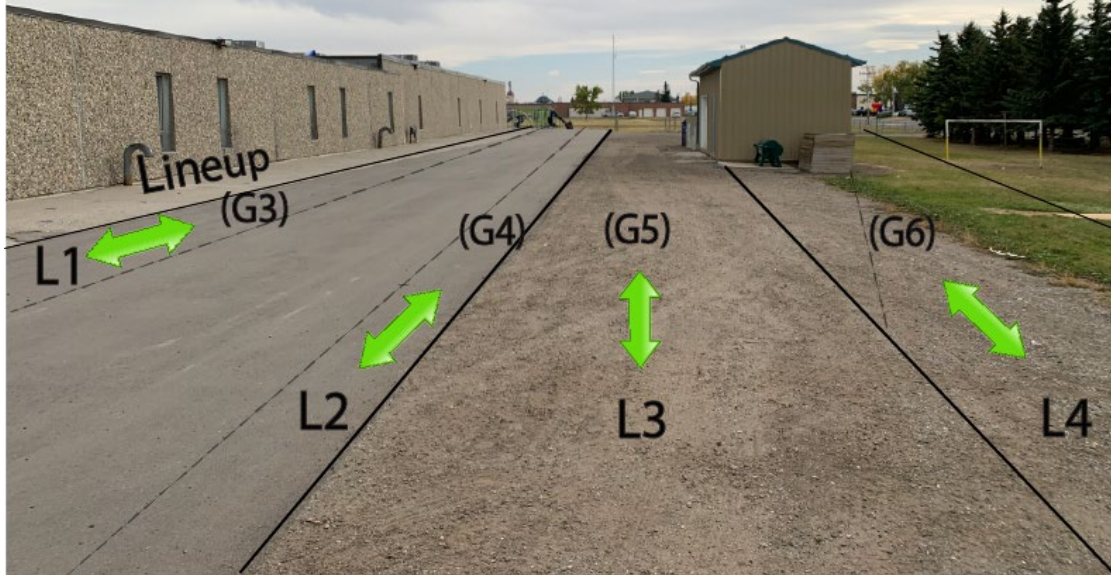
Lane 1 (L1) - Grade 3 (Hug the edge of the pavement & sidewalk)

Lane 2 (L2) - Grade 4 (Hug the edge of the pavement & gravel)

Lane 3 (L3) - Grade 5 (Gravel)

Lane 4 (L4) - Grade 6 (Grass)

Lineup - Line up here only. Do not walk here.



APPENDIX D — AHS DAILY CHECKLIST — CHILDREN & STUDENTS

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child:

(Choose any/all possible exposures)

Traveled outside Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
If the child answered "YES" to any of the above: <ul style="list-style-type: none"> The child is required to quarantine for 14 days from the last day of exposure. <ul style="list-style-type: none"> If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times. If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. 		
If the child answered "NO" to both of the above: <ul style="list-style-type: none"> Proceed to question 2. 		

2. Does the child have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered "YES" to any symptom in question 2: <ul style="list-style-type: none"> The child is to isolate for 10 days from onset of symptoms. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. 		
If the child answered "NO" to all of the symptoms in question 2: <ul style="list-style-type: none"> Proceed to question 3. 		

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO
<p>If the child answered "YES" to ONE symptom in question 3:</p> <ul style="list-style-type: none"> Keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. <p>If the child answered "YES" to TWO OR MORE symptoms in question 3:</p> <ul style="list-style-type: none"> Keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started. <p>If the child answered "NO" to all questions:</p> <ul style="list-style-type: none"> Your child may attend school, child care and/or other activities. 		

Please note: If your child is experiencing any symptoms from the lists above, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

APPENDIX E — AHS DAILY CHECKLIST - ADULTS

COVID-19 INFORMATION

COVID-19 ALBERTA HEALTH DAILY CHECKLIST (FOR ADULTS 18 YEARS AND OLDER)

Overview

This tool was developed to support schools, activity organizers, employers, businesses and facility operators in reducing the risk of transmission of COVID-19 among attendees/staff. The tool is meant to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.

Attendees should complete this checklist prior to participating in the activity or program.

If an individual answers YES to any of the questions, they **must not** be allowed to attend or participate in the activity or program. *Individuals with fever, cough, shortness of breath, runny nose, or sore throat, are required to isolate for 10 days per [CMOH Order 05-2020](#) OR receive a negative COVID-19 test and feel better before returning to activities.

Use the [AHS Online Assessment Tool](#) to determine if testing is recommended and follow information on isolation requirements.

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

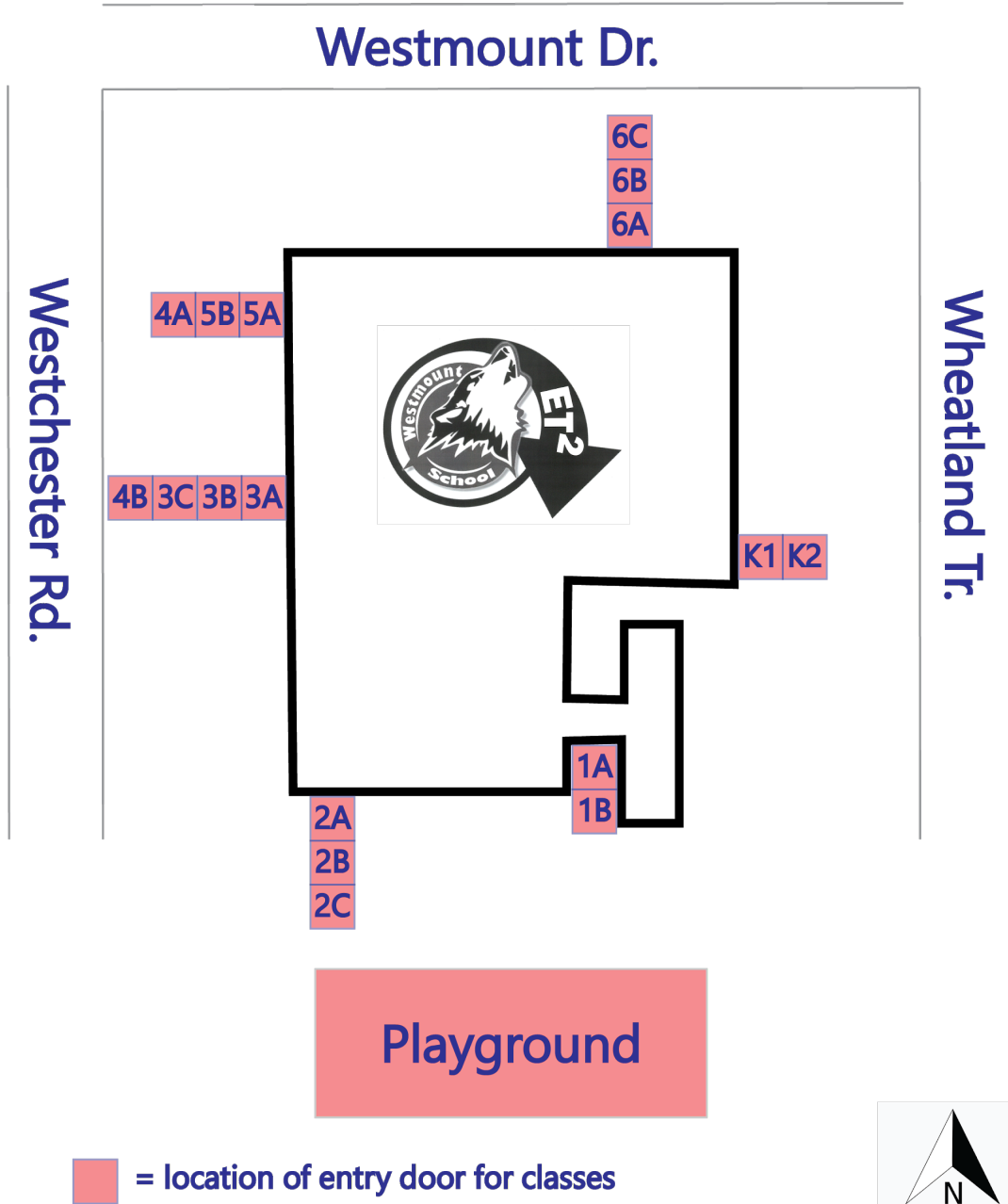
Screening Questions

1.	Does the attendee have any new onset (or worsening) of any of the following symptoms:	CIRCLE ONE	
		YES	NO
	• Fever*	YES	NO
	• Cough*	YES	NO
	• Shortness of breath / difficulty breathing*	YES	NO
	• Runny nose*	YES	NO
	• Sore throat*	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Nasal congestion	YES	NO
	• Feeling unwell / fatigued	YES	NO
	• Nausea / vomiting / diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (commonly known as pink eye)	YES	NO
2.	Has the attendee travelled outside Canada in the last 14 days? (Individuals are legally required to quarantine for 14 days when entering or returning to Alberta from outside Canada unless exempted by the Alberta COVID-19 Border Testing Pilot Program.)	YES	NO
3.	Has the attendee had close contact ¹ with a case of COVID-19 in the last 14 days?	YES	NO

¹ Face-to-face contact within 2 metres. A health care worker in an occupational setting wearing recommended personal protective equipment is not considered to be a close contact.

APPENDIX F – DOOR ENTRY MAP

Westmount School Door Entry Map



APPENDIX G - AHS COVID-19 GUIDANCE

COVID-19 Guidance for Parents of Children Attending School and/or Childcare

Your child has one or more of these COVID-19 symptoms: Fever • Cough (new cough or worsening chronic cough) • Shortness of breath or difficulty breathing (new or worsening) • Runny nose • Sore throat

Note: Chronic symptoms that can be explained by a pre-existing medical condition (e.g. allergies) would be considered part of the child's baseline health status. As long as these symptoms do not change, the child can continue to attend school/childcare. A child should have one negative COVID-19 test to establish this baseline.



Guidance

Your child is legally required to **isolate**

A COVID-19 test is recommended

Testing

Decide if your child will be tested for COVID-19

Yes

Do: Book a COVID-19 test for your child
• Online: ahs.ca/covid
• By phone: Call Health Link at 811
⌚ Try to book a test that is within 24 hours of your child's symptoms starting

Do: Go to the COVID-19 test with your child

No

OR
Before you have your child's test result

Test Result

Do: Get your child's COVID-19 test result
⌚ It may take 1 to 3 days to get your child's test result
• All individuals who test positive for COVID-19 will be contacted by a member of the AHS Public Health team for follow-up and case management
• For more information about getting your child's COVID-19 test result, go to ahs.ca/results



Positive Test Result



Negative Test Result

Next Steps

Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?

Yes

No

What to do
Your child is legally required to stay home and **isolate** for 10 days from the start of symptoms, or until they are gone, whichever is longer.
Household members must stay home for 14 days.

What to do
Your child is legally required to stay home and **isolate** for 14 days from their last exposure to a confirmed case of COVID-19.
Household members are not required to isolate as long as they are asymptomatic.

What to do
Your child is no longer legally required to isolate, but should stay home from school, childcare and other public spaces until they feel better.

Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?

Yes

No

What to do
Your child is legally required to stay home and **isolate** for 14 days from their last exposure to a confirmed case of COVID-19.
If your child has symptoms after these 14 days have passed, they should stay home from school, childcare and other public places until they feel better.
Household members should stay home for 14 days.

What to do
Your child is legally required to stay home and **isolate** for 10 days from the start of symptoms, or until they are gone, whichever is longer.
Household members are not required to isolate as long as they are asymptomatic.

COVID-19 Guidance for Parents of Children Attending School and/or Childcare

Your child is asymptomatic and has been identified as a close contact of a person who tested positive for COVID-19.

Note: Asymptomatic means that your child has none of the following symptoms: fever, cough (new cough or worsening chronic cough), shortness of breath or difficulty breathing (new or worsening), runny nose, sore throat, chills, painful swallowing, stuffy nose, headache, muscle or joint ache, feeling unwell, fatigue or severe exhaustion, nausea, vomiting, diarrhea or unexplained loss of appetite, loss of sense of smell or taste, conjunctivitis (pink eye)



Guidance

Your child is legally required to isolate for 14 days

A COVID-19 test is recommended

Testing

Decide if your child will be tested for COVID-19

Yes

Do: Book a COVID-19 test for your child

- Online: ahs.ca/covid
- By phone: Call Health Link at 811

⌚ Try to book a test that is within 24 hours of when you were told about the close contact

Do: Go to the COVID-19 test with your child

No

OR

Before you have your child's test result

Test Result

Do: Get your child's COVID-19 test result

⌚ It may take 1 to 3 days to get your child's test result

- All individuals who test positive for COVID-19 will be contacted by a member of the AHS Public Health team for follow-up and case management
- For more information about getting your child's COVID-19 test result, go to ahs.ca/results



Positive Test Result



Negative Test Result

Next Steps

What to do

Your child is legally required to **isolate** for 14 days from the date of their COVID-19 test. Household members must stay home for 14 days.

What to do

Your child is legally required to stay home and **isolate** for 14 days from their last exposure to a confirmed case of COVID-19.

If your child develops symptoms at any point during their 14 day isolation, or after, they should be retested for COVID-19.

Household members are not required to isolate as long as they are asymptomatic.

What to do

Your child is legally required to stay home and **isolate** for 14 days from their last exposure to a confirmed case of COVID-19.

If your child develops symptoms at any point during their 14 day isolation, or after, they should be tested for COVID-19.

Household members are not required to isolate as long as they are asymptomatic.

COVID-19 Guidance for Parents of Children Attending School and/or Childcare

Your child has one of more of these COVID-19 symptoms: Chills • Painful swallowing • Stuffy nose • Headache • Muscle or joint aches • Feeling unwell, fatigue or severe exhaustion • Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite) • Loss of sense of smell or taste • Conjunctivitis, commonly known as pink eye



Note: Chronic symptoms that can be explained by a pre-existing medical condition (e.g. allergies) would be considered part of the child's baseline health status. As long as these symptoms do not change, the child can continue to attend school/childcare. A child should have one negative COVID-19 test to establish this baseline.

Guidance

Your child should not attend school/childcare if they are feeling unwell

A COVID-19 test is recommended

Testing

Note: If your child feels better while waiting to receive their test result, they can return to school, as long as they are not a close contact of a person who tested positive for COVID-19.

Decide if your child will be tested for COVID-19

Yes

No

OR

Do:

Book a COVID-19 test for your child
• Online: ahts.ca/covid
• By phone: Call Health Link at 811
⌚ Try to book a test that is within 24 hours of your child's symptoms starting

Do:

Go to the COVID-19 test with your child

Before you have your child's test result

Test Result

Do:

Get your child's COVID-19 test result
⌚ It may take 1 to 3 days to get your child's test result
• All individuals who test positive for COVID-19 will be contacted by a member of the AHS Public Health team for follow-up and case management
• For more information about getting your child's COVID-19 test result, go to ahts.ca/results



Positive Test Result



Negative Test Result

Next Steps

Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?

Yes

No

Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?

Yes

No

What to do

Your child is legally required to stay home and isolate for 10 days from the start of symptoms, or until they are gone, whichever is longer.

Household members must stay home for 14 days.

What to do

Your child is legally required to stay home and isolate for 14 days from their last exposure to a confirmed case of COVID-19.

Household members are not required to isolate as long as they are asymptomatic.

What to do

Your child should stay home from school, childcare and other public spaces until they feel better.

What to do

Your child is legally required to stay home and isolate for 14 days from their last exposure to a confirmed case of COVID-19.

If your child has symptoms after these 14 days have passed, they should stay home from school, childcare and other public places until they feel better.

Household members are not required to isolate as long as they are asymptomatic.

What to do

Your child should stay home from school, childcare and other public spaces until they feel better.