



Services de santé du

TIMISKAMING
Health Unit

Enhancing your health in so many ways.

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www.timiskaminghu.com

September 21, 2020

Dear parent/guardian,

Now that school is back in, we wanted to offer some new resources and support related to COVID-19.

A [Self-Assessment Tool](https://covid-19.ontario.ca/school-screening/) for schools is now available online at <https://covid-19.ontario.ca/school-screening/>. **It is important to screen your child every morning** before sending them to school. This screening tool will help you decide whether you can safely send your child to school each day.

If a person has symptoms of COVID-19 they must stay home and [self-isolate](#). Because there is not a high level of COVID-19 spreading in Timiskaming at this time, if someone in a house has symptoms of COVID-19, other people in the household do not need to [self-isolate](#)—they can [self-monitor](#). If they do not have symptoms then parents, brothers and sisters who live in the same house can return to school or work while closely monitoring for symptoms. *This direction may change if we see that COVID-19 is beginning to spread in the district.*

We have attached a number of resources including a list of assessment centres and the student self-assessment. If you have access to the internet, please visit Timiskaming Health Unit's website timiskaminghu.com often to find the most up-to-date resources and other information for COVID-19 related to schools. If you do not have access to the Internet, you can contact Timiskaming Health Unit. Please keep these tools available in case you or someone in your household needs to be tested for COVID-19.

Public health is working closely with schools and school boards to keep students safe and families informed. If a student or staff tests positive for COVID-19, Timiskaming Health Unit will call any close contacts to provide information and guidance on how and when to get tested for COVID-19 and any further actions to take.

Please note: if a student in your household has symptoms of COVID-19, you do not need to call Timiskaming Health Unit. To arrange testing, please call an Assessment Centre and if you need medical advice contact your health care provider. If a student who has been sick is ready to return to school (see attached fact sheet), a doctor's note is not needed. THU now recommends that schools request a written note from parent/guardian confirming that the student meets the criteria to return to school.

Thank you for your help in keeping our schools and our communities safe and healthy. Remember to be COVID-Kind and COVID-Smart: support each other and do what you can to prevent spread of COVID-19. *We are all in this together.*

Sincerely,

Dr. Glenn Corneil
Acting Medical Officer of Health/CEO

COVID-19 ASSESSMENT TOOL

SHOULD MY CHILD ATTEND SCHOOL?

1 Does your child have one or more of these symptoms?

- Fever (feeling hot to the touch, a temperature of 37.8 degrees Celsius; 100 degrees Fahrenheit or higher)
- Chills
- Cough that's new or worsening (continuous, more than usual)
- Barking cough, making a whistling noise when breathing (croup)
- Shortness of breath (out of breath, not related to known cause, e.g. asthma)
- Sore throat (not related to seasonal allergies or other known conditions)
- Difficulty swallowing
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes such as being outside in cold weather)
- Lost sense of taste or smell
- Pink eye (irritated, itchy or painful eye that may have crusting or discharge)
- Headache that's unusual or long lasting
- Digestive issues (long lasting stomach pain or 2 or more episodes of nausea/vomiting and/or diarrhea)
- Sore muscles (long lasting or unusual)
- Extreme tiredness that is unusual
- For young children and infants: sluggishness or lack of appetite



NO: Proceed to Question 4.

YES: Proceed to Question 2.

2 Is this a normal or usual symptom(s) for your child?

NO: Proceed to Question 3.

YES: Proceed to Question 4.



3 Does your child have seasonal allergies or an existing medical diagnosis (not COVID-19) that explains the symptom(s)?

NO: Child has symptoms consistent with COVID-19. They should **self-isolate** (stay home) and not leave except to get COVID-19 testing or for a medical emergency. On occasion, you may feel there is another explanation for the new symptom(s), requiring medical assessment. If so, contact your health care provider. Inform the school of your child's absence using the school's process.

YES Proceed to Question 4.



4 Has your child travelled outside of Canada in the last 14 days?

NO: Proceed to Question 5.

YES: **Quarantine (self-isolate)** for 14 days from the date your child returned to Canada. Inform school of your child's absence using the school's process.



5 In the last 14 days, has your child tested positive for COVID-19 or been in close physical contact* with someone who tested positive for COVID-19?

NO: Proceed to question 6.

YES: **Self-isolate** (stay home) and call the **Timiskaming Health Unit** if they haven't already been in touch with you. Inform the school of your child's absence using the school's process.

**A close physical contact is someone who was closer than 2 metres away in the same room or area, or living in the same home. It may also include being in the same classroom, if advised by THU.*



6 Has a doctor, health care provider, or public health unit asked your child to self-isolate (staying at home)?

NO: Child may attend school.

YES: Follow the advice of your health care provider and **self-isolate** (stay home) except to leave to get tested or for a medical emergency. Contact public health to understand next steps and then follow the directions given to you by public health about when your child can return to school. Inform the school of your child's absence using the school's process.



To find a local assessment centre visit: www.timiskaminghu.com

DATE: SEPTEMBER 18, 2020

Adapted from Leeds, Grenville and Lanark District Health Unit and Simcoe Muskoka District Health Unit

Coronavirus Disease 2019 (COVID-19)

Preventing COVID-19: Tips for Children Attending School

This fact sheet provides infection prevention and control information for parents, guardians and caregivers to help reduce the risk of COVID-19 transmission in elementary schools. Children with any [COVID-19 symptoms](#) or who are self-isolating should not attend school.

Talk to your child

- Teach your child the best way to prevent COVID-19 by:
 - Washing their hands at least 5 times a day; before and after eating, playing, and after using the toilet. Hands are to be washed for at least 15 seconds, using an alcohol-based hand sanitizer or soap and water (teach them to sing the ABC song or Happy Birthday while washing their hands to get an idea of how long this should be)
 - Coughing or sneezing into their elbow, sleeve or a tissue
 - Avoiding touching their face and/or mask as much as possible
 - Following their school and teacher's instructions on giving space to others (e.g., staying 2 metres apart when possible)
- Talk to your child about changes that they may see when they return to school, such as their teachers wearing a mask and not sharing food, books, papers and other items with classmates.



Think about Alcohol-based Hand Sanitizer

- Your child's school may allow you to provide your child with personal hand sanitizer. If sending your child to school with hand sanitizer:
 - Avoid hand sanitizer that does not contain alcohol and those containing technical grade ethanol.¹ Ensure hand sanitizer contains at least 60% alcohol.
 - Purchase an approved, commercially-made hand sanitizer. Do not attempt to make your own or buy other home-made hand sanitizers.
 - Do not add essential oils or other products to the hand sanitizer.
 - Label hand sanitizer with your child's name.
- Do not top up the hand sanitizer. Throw the empty container away.
- Do not send your child to school with disinfectant spray, liquid or wipes.



Encourage wearing a mask or other face covering

Depending on your child's grade, a mask or face covering may be required or encouraged to be worn while on a school bus and/or at school. Teach your child:

- How to properly put on and remove their mask or face covering, handling only the straps and avoiding touching the outside of the mask.
- To clean their hands before putting on and after taking off their mask.
- Not to trade or share their mask with other children.
- To store their mask in a labelled, clean and dry bag or container (e.g. paper bag or pencil case) when taking it off for lunch, break or other periods of the day.
- To change their mask when damp or visibly soiled. Store your clean and used masks separately.

Tips for choosing and wearing a non-medical mask or face covering

- Children who are unable to wear or remove a mask, or who have a medical condition that prevents their use, do not have to wear a mask.
- Choose a mask that fits the child's face with no gaps around the nose, cheeks and chin.
- Choose a mask that is made of two or more layers of tightly woven material (such as cotton or linen). Adjust (e.g., twist or tie) ear loops to ensure a snug fit.
- If your child wears glasses, wear them on top of the mask to prevent fogging.
- Consider sending several masks and keep dirty and clean masks separate
- Launder reusable masks daily, using the warmest possible temperature setting and normal laundry detergent. Dry masks thoroughly.
- Launder or clean mask containers daily using soap and water.

References:

1. Health Canada. Technical-grade ethanol for the manufacture of hand sanitizers and hard-surface disinfectants during the COVID-19 pandemic: risk assessment summary report [Internet]. Ottawa, ON: Government of Canada; 2020 [modified 2020 Jul 09; cited 2020 Aug 20]. Available from: <https://www.canada.ca/en/health-canada/services/drugs-health-products/natural-non-prescription/legislation-guidelines/covid19-technical-grade-ethanol-hand-sanitizer/risk-assessment-summary-report.html>

Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care. You can also access up to date information on COVID-19 on the Ontario Ministry of Health's website: ontario.ca/coronavirus.

For more information please contact: _____

The information in this document is current as of September 14, 2020



COVID-19
Symptomatic Student

The Timiskaming Health Unit highly recommends COVID-19 testing for any student who has one or more new or worsening symptoms of COVID-19 that are not related to seasonal allergies or underlying health conditions. The new Student [Online Self-Assessment Tool](#) can help to decide if testing is needed. COVID-19 testing takes place at an Assessment Centre. Please call your closest Assessment Centre to book an appointment. Walk-ins may be turned away.

Assessment Centre	Phone Number	Location
Temiskaming Shores and area	705-648-1844	Temiskaming Hospital
Englehart and area	705-568-2127	Englehart Family Health Team
Kirkland Lake and area	705-568-2127	Kirkland Lake District Hospital
Temagami and area	705-569-3244	Temagami Family Health Team

After testing, a student with symptoms is required to self-isolate until test results come back. Note that individuals living in the same household as the student with symptoms do not need to self-isolate but they should self-monitor for symptoms, as long as they are not a contact of a person confirmed to have COVID-19.

After a student receives a negative test result and is symptom free for 24 hours they may return to school. Mild symptoms known to persist in young children (e.g. runny nose) may be ongoing at the time of return to school IF other symptoms have resolved AND there is a negative test result.

If you have any questions contact the COVID-19 Line at the Timiskaming Health Unit. We can be reached at 705-647-4305, Ext. 7 or 1-866-747-4305, Ext. 7.