

Dear school principals, staff, students, and families,

March 21, 2022

With the return to class this week, following new guidance, the HKPR School Health Team would like to review a few key topics that may arise.

Screening/Illness

- [School screening](#) should continue to be completed daily and the instructions followed.
- Staff/students should stay home if unwell.

Masking

- Masking for most individuals is no longer required.
- The School Health Team encourages kindness and respect for staff and students who choose to continue to mask.
- Masking is required in certain circumstances; please see the [Parent Resource - Child/Student with Symptoms](#) for further guidance
 - **Cases:** Individuals isolate at home for 5 days and must have symptoms improving before returning to school.
 - Until 10 days from the start of symptoms/positive test is reached, individuals must wear a mask in public places (including school/childcare). This generally means students/staff must wear a mask for 5 days following their isolation at home.
 - **Close contacts:** Individuals who are close contacts must wear a mask in public places and self-monitor for symptoms for 10 days (from last exposure to a positive case).
 - Both cases and contacts must avoid removing masks for activities such as sports and music during the designated masking periods; masks may be removed for eating.
 - See the [Parent Resource - Child/Student with Symptoms](#) for further details or if immunocompromised.
- **Travel:** Individuals must mask for 14 days after returning from international travel (regardless of vaccination status).

Key Reminders

- Encourage staff/students to do what makes them feel the most comfortable and safe for mask wearing.
- The School Health Team encourages discussions at home and school about inclusion, acceptance, empathy, patience, and awareness that everyone has a right to make their own decisions about masking now that the mandates have been lifted.
- Please remember The HKPR School Health Team is here for information and support for staff, students, and families. Please contact us at 1-866-888-4577 ext. 1508 with any questions or concerns.

Thank you, The School Health Team

PROTECTION · PROMOTION · PREVENTION

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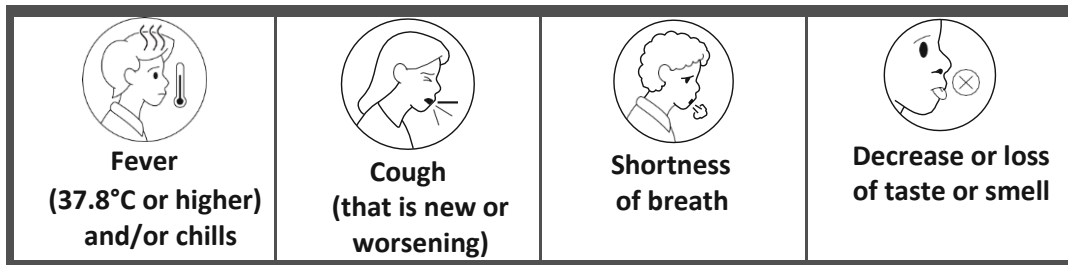
Child/Student with Symptoms of COVID-19

Complete the [COVID-19 school and child care screening](#) before going to school or child care each day.

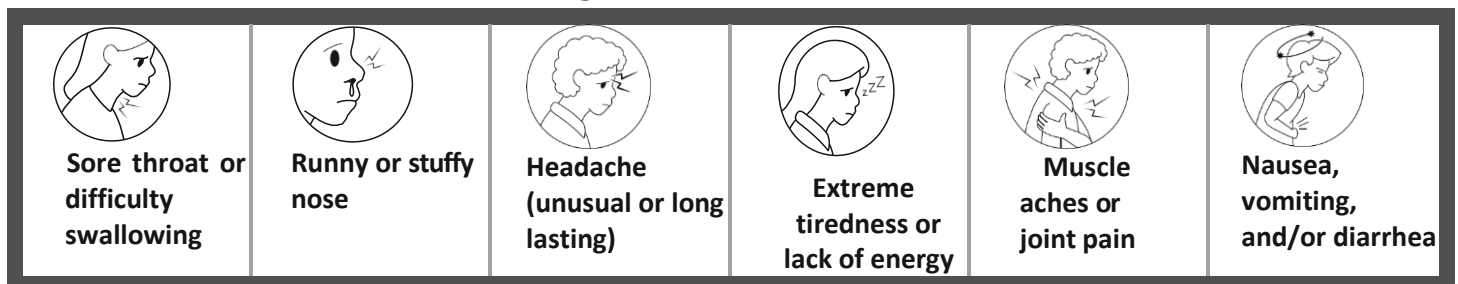
If you are sick with symptoms, you must **stay home and follow directions provided on the provincial screening tool**. Call your health care provider if required.

When determining if you have symptoms, think about if they are new, worsening, or different from usual. Symptoms should not be chronic or related to other known causes or conditions.

One or more of the Most Common Symptoms of COVID-19 requires self-isolation:



Two or more of the following Other Symptoms of COVID-19 requires self-isolation:



What to do if your student/child has symptoms

- If your student/child has ONE or more of the MOST COMMON SYMPTOMS or TWO or more of the OTHER SYMPTOMS, they likely have COVID-19. **They must stay home and self-isolate as indicated below.**
- If your student/child has ONE of the OTHER SYMPTOMS, they must stay home for at least 24 hours until symptoms are improving (48 hours for nausea/vomiting/diarrhea) and as long as they do not develop any new symptoms. Siblings and other household members do not have to go/stay home.
- Household members should follow the instructions in the [COVID-19 School and Child care screening tool](#) or below.

¹ https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/2019_reference_doc_symptoms.pdf

11 years old or younger OR Fully vaccinated							12 years old or older and partially vaccinated or unvaccinated OR immune compromised						
They must isolate for 5 days from when symptoms started and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/ or diarrhea symptoms), whichever is longest.							They must isolate for 10 days from when the symptoms started and stay in isolation until their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/ or diarrhea symptoms), whichever is longest.						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6 	7 	1	2	3	4	5	6 	7
8 	9 	10 	11 	12 	13 	14 	8 	9 	10 	11 	12 	13 	14
15 	16 	17	18	19	20	21	15 	16 	17 	18	19	20	21
Legend							Legend						
Symptoms start, self-isolate immediately			Self-isolate at home, except for emergency medical care			Return to childcare/ school if feeling well							
If your isolation period is 5 days, from days 6 to 10 after testing positive or developing symptoms, your student/child must: <ul style="list-style-type: none"> wear a mask in public places, including school and child care, and avoid activities where mask removal would be necessary (e.g. high-contact sports, playing a musical instrument, or dining out) do not visit any highest-risk settings (such as long-term care or retirement homes) or people who may be at higher risk of illness (such as seniors or immunocompromised) 													

What household members need to do:



Household members with no symptoms are required to isolate for as long as the person with symptoms is isolating, **unless they are:**

- 17 or younger and fully vaccinated
- 18 and older and have their COVID-19 booster; or
- tested positive for COVID-19 in the last 90 days and completed their isolation period

If household members are not required to isolate, or if their isolation has ended after 5 days, they are still required to **self-monitor for 10 days*** following last exposure to the person with symptoms.

Close Contacts¹

Tell your child’s close contacts that they may have been exposed to COVID-19 and give them the link to www.ontario.ca/exposed. If you are a close contact, **self-monitor for 10 days*** following last exposure to the person with symptoms.

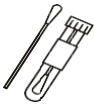
¹Close contacts include those who had contact with your child within the 48 hours before symptoms began and until they started self-isolating, AND were within 2 metres for a total of at least 15 minutes without masking, distancing and/or use of personal protective equipment.

*Self-Monitoring

Self-monitoring means:

- monitor for symptoms for at least 10 days after exposure
- wear a well-fitted mask in all public places and avoid activities where they need to take off their mask (e.g., dining out, playing a musical instrument, or playing high-contact sports).
- individuals who are exempt from masking (e.g., children under two years of age, etc.) may return to public places without masking, however, parents must monitor them for symptoms for 10 days following last exposure.
- do not visit any highest-risk settings (such as long-term care or retirement homes) or people who may be at higher risk of illness (such as seniors or immunocompromised) for 10 days after your last exposure

COVID-19 testing



Take home PCR self-collection kits or rapid antigen tests may be available for students/staff from their school. If a single PCR test is negative or two consecutive rapid antigen tests collected 24 to 48 hours apart are both negative, it is less likely that the person with symptoms has COVID-19. Household members can stop isolating after these negative tests. The person with symptoms can stop isolating when their symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms).

Travel outside of Canada

If your child/student has returned from travel outside of Canada, regardless of vaccination status, **for 14 days** they must:

- continue to wear a mask at all times when in public spaces (including schools and child care)
- maintain a list of all close contacts; and
- monitor for signs and symptoms of COVID-19.