



**SUDBURY  
CATHOLIC  
DISTRICT  
SCHOOL BOARD**

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Dear Parent/Guardian,

With the 2020-21 school year underway, we would like to tell you about the actions we are taking to mitigate the impact of COVID-19 in our school. This letter also includes information about what you can do to protect yourself and your family.

The most common symptoms of COVID-19 include:

- Fever (temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath (dyspnea)

Other symptoms of COVID-19 can include:

- Sore throat
- Difficulty swallowing
- New olfactory or taste disorder(s)
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion (in absence of underlying reasons for these symptoms such as seasonal allergies, post nasal drip, etc.)

You must screen your child for symptoms every day before they come to school. To assist with this, please find the [COVID-19 Screening Checklist](#) attached which we encourage you to post in a visible area as it must be used each day. If your child has any symptoms of COVID-19 or if they are ill, they should not attend school. You should report your child's absence by contacting their school. Students who become ill during the day will be isolated and must be picked up from school as soon as possible. Symptomatic students will not be able to use student transportation.

Please consult the Ministry of Health's COVID-19 reference document at: [health.gov.on.ca/en/](https://health.gov.on.ca/en/) for full list of symptoms and clinical features of COVID-19. If you're worried your child or any member of your household has been exposed to COVID-19 or has symptoms, please use the Ministry of Health's Ontario COVID-19 self-assessment tool at: [covid-19.ontario.ca/self-assessment](https://covid-19.ontario.ca/self-assessment). You will get a recommendation on what to do next.

We are working with our local Public Health Unit to take steps to prevent the spread of COVID-19 in our school and will keep you updated with new information as it becomes available. To reduce the risk of COVID-19 in our school, multiple measures have been implemented, for example, enhanced cleaning and reducing the number of contacts among individuals in the school, including students, staff, and others.

The Ontario Ministry of Health advises everyone to take an active role in protecting themselves from COVID-19. Here are a few things that you and your family can do:

- wash your hands often with soap and water or alcohol-based hand sanitizer
- sneeze and cough into your sleeve
- avoid touching your eyes, nose or mouth
- avoid contact with people who are sick
- stay home and isolate if you or anyone in your household is sick

For more information on COVID-19 please visit [Ontario.ca/coronavirus](https://ontario.ca/coronavirus).



# COVID-19 SCREENING CHECKLIST

Do you have any of the following symptoms? If you answer 'YES' to any of these symptoms, please use Ontario's self-screening checklist at [covid-19.ontario.ca/self-assessment](https://covid-19.ontario.ca/self-assessment) and follow instructions.

## COMMON SYMPTOMS:

- Fever (temperature of 37.8 C or greater)
- New or Worsening Cough
- Shortness of breath/difficulty breathing

## OTHER SYMPTOMS:

- Sore Throat
- Difficulty/Painful Swallowing
- New olfactory or taste disorder(s)
- Nausea/Vomiting/Diarrhea/Abdominal Pain
- Runny Nose/Nasal Congestion (Without other known causes)

## Other clinical features of COVID-19 can include:

- Clinical or radiological evidence of pneumonia

## ATYPICAL SYMPTOMS:

- Unexplained fatigue/malaise/myalgias
- Delirium (acutely altered mental status and inattention)
- Unexplained or increased number of falls
- Acute functional decline
- Exacerbation of chronic conditions
- Chills
- Headaches
- Croup
- Conjunctivitis
- Unexplained tachycardia, including age specific tachycardia for children
- Decrease in blood pressure
- Unexplained hypoxia (even if mild i.e. O2 sat <90%)
- Lethargy, difficulty feeding in infants (if no other diagnosis)

- Have you travelled outside of Canada in the last 14 days?
- Have you had close contact (within 2 metres/6 feet) without using personal protective equipment in the last 14 days with someone who has travelled outside of Canada and who is displaying the above symptoms?
- Have you or someone you reside with been diagnosed with COVID-19 for which you did not receive 'Clearance from Isolation' from Public Health?

If you answered 'YES' to any of these questions, please use Ontario's self-screening checklist at [covid-19.ontario.ca/self-assessment](https://covid-19.ontario.ca/self-assessment) and follow instructions.