



St. Ann's Catholic School

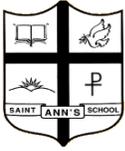


Restart Health, Safety & Operational Pandemic Protocols – Stage 2

February 2021 Update

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A. Overview/Introduction/Greetings

Introduction: St. Ann's School follows the CISKD Restart Health and Safety protocols which can be found at <https://ciskd.ca/>. What follows below in sections B to O are items particular to our local community and environment here at St. Ann's. We thank our parents, caregivers, students and staff for everything they are doing in accordance with these plans and protocols to keep our school community as safe as possible.

All updates to the August 24, 2020 version of this plan are highlighted in yellow.

Objectives:

Comprehensive guidelines build on [the COVID-19 Public Health Guidance for K-12 School Settings](#) developed by the Office of the Provincial Health Officer and the BC Centre for Disease Control (BCCDC) to ensure schools have robust measures in place to prevent the transmission of COVID-19. These guidelines are intended to support K-12 employees, students, parents, caregivers, administrators and school community members to:

- Be informed about public health measures and how they support a safe school environment;
- Understand their roles and responsibilities in maintaining and promoting safe and healthy schools.

Foundational Principles of our Plan:

1. Maintain a healthy and safe environment for all students, families and staff
2. Provide the services needed to support the children of our essential workers
3. Support vulnerable students who may need special assistance
4. Provide continuity of educational opportunity for all students.

References:

This document was updated in accordance with the CISKD Health and Safety Protocols, which are based on various Ministry of Education, Ministry of Health and WorkSafeBC resources, primarily:

[Ministry of Education Provincial COVID-19 Health & Safety Guidelines for K-12 Settings \(Revised Feb 4, 2021\)](#)

[BC CDC COVID19 Public Health Guidance for K-12 School Settings \(revised Feb 4, 2021\)](#)

[BC Health & Safety Checklist](#)

[WorkSafeBC Protocols for K-12 Operation](#)

[WorkSafe BC Guidelines for Offices](#)



The protocols identified in this document are designed to keep everyone as safe as possible while still providing important educational services to our families and community. At St. Ann's School, we follow inclusive, respectful approaches when personnel, students, or visitors cannot comply with protocols due to health or behavioural reasons. We are committed to exploring other administrative and environmental methods to mitigate the risk to ensure their safety and the safety of others.

School will open for all students on a full-time basis from September 9, 2020.

B. Public Entry / Access to School

- Public entry of our school is limited to staff and students. Parents and others are asked to call ahead instead of visiting the school. All adults entering the building must be wearing masks.
- All visitors who have called ahead will use the main entrance to the school. Doors will remain locked when not monitored by a staff member. We ask you do not enter the PreSchool or East entrances.
- Office staff shall maintain a 2 metre distance from office counter when interacting with public, including parents, students and colleagues. Visitors and office staff are asked to interact through the barrier.
- Limited access signs are posted (see WorkSafe BC resources).
- Parents are to remain outside the school when dropping off their children. Parents may not drop off their children without having submitted a signed waiver (sent at the beginning of school year attendance) that ensures they have taken responsibility for home health checks. If students arrive late, parents will call the office and a staff member will meet them at the main entrance doors, while maintaining 2 metres physical distancing. **Health checks are completed by parents/caregivers before students arrive at school.**
- Parents and caregivers are asked to remain in the parking lot while waiting to pick up their students. If a parent/caregiver must enter the playground or field among other students, they are asked to wear a mask over their mouth and nose.
- Upon arrival, students will sanitize their hands at their specified entrance under the supervision of a responsible adult.
- Staff will direct/accompany students to their classroom.
- Students/staff are to remain on site for the duration of their attendance each day. Students/staff may not leave the school property (i.e. for lunch or appointments), nor return once they have left the school building for the rest of the school day.
- Students will exit the school at pick up time through their specified doors and will wait playing outside in the upper field until they are picked up. Students should keep their bodies to themselves and observe social distancing as much as possible.



- Before and After School Club Care is available from 7:00am to 8:10am and 2:45pm to 6:00pm. Students will remain outside for as long as possible (weather permitting) and will observe social distancing between cohorts when brought inside.
- Staff will limit their access to the school between the hours of 6:30am and 6:30pm Monday to Friday. Staff requiring access outside of these times will make arrangements with the principal.

C. Daily Health Check for Students, Staff and Any Adults Entering School

- Parents will be asked to sign a **Health Commitment** form which acknowledges they commit to assessing their children and household daily for respiratory or other symptoms of illness. The form will ask that they commit to not send their children to school if their child is symptomatic. In the event that a family has not provided this commitment, the School is unable to grant the children access to the school. (Issued to all in September, and to any new students when they register.)
- **The new Ministry K-12 Daily Health Check intended for students and parents may be accessed in the following locations:**
 - a.) used online here:
<https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>
 - b.) downloaded for iPhone/iPad here: <https://apps.apple.com/us/app/bc-k-12-daily-health-checker/id1547334827>
 - c.) downloaded for Android here:
<https://play.google.com/store/apps/details?id=com.qp.k12App>
- **Similarly, Staff and other adults who may be entering the school are also asked to perform a Daily Health Check at home (refer to Appendix F: Daily Health Check).**
- **Prior to entering the school, all adults including deliveries and visitors, must submit an electronic Self-Declaration Form, confirming that they have completed their Daily Health Check and are fit to enter the building. The form is located at:**
<https://forms.gle/c6Wmj7Z49PoeNN6j6> A QR-code is also posted on the outside doors for anyone who needs the link before entering.

D. General Guidelines for Daily Health Checks

- Before students arrive at school, parents/caregivers are required to perform a Daily Health Check for fever (a thermometer is an exact way of assessing), cough, sneezing, fatigue or any other symptoms of illness. **Please use the Ministry's K-12 Daily Health Check App or tools outlined above in section C.** A temperature higher than 37.5 degrees Celsius is considered a fever.



- All students and staff who have symptoms or have travelled outside of Canada in the last 14 days or are identified as a close contact of a confirmed case or outbreak must stay home and self-isolate.
- If a student develops key symptoms of illness while at home, parents/caregivers must keep their child at home until they have been assessed by a health care provider or the 8-1-1 BC HealthLink line to exclude COVID-19 or other infectious diseases, and until their symptoms have resolved.

E. Students who Become Ill at School

- Students who display any symptoms of fever, common cold, influenza, COVID19 or other respiratory diseases while in attendance at school will be separated from all students and school staff and placed in a supervised area referred to as the *Isolation Room* and follow the *Isolation Room Protocols for Symptomatic Staff or Students*.
- Parents will be contacted and asked to pick up their child as soon as possible. Once transportation has arrived, any siblings will be called from their classrooms to go home with their ill family member.
- Parents shall contact their health care provider or call 8-1-1 HealthLink BC line as appropriate and advise the school of the outcome.

F. Student Management: Hygiene

- Students wash their hands (at a minimum):
 - Upon arriving at school; Upon prior to leaving school
 - Before/after any breaks (ex., recess/lunch)
 - Before/after eating and drinking
 - After using the toilet;
 - After sneezing or coughing into hands or tissue;
 - After handling common resources/equipment/supplies or pets
 - When hands are visibly dirty; and
 - When moving between different learning environments (classrooms, indoor/outdoor, etc).



- Staff are encouraged to assist younger students with hand hygiene as needed.
- Staff shall model and teach students to ensure effective hand hygiene practice.
- If a sink is not available, alcohol-based hand sanitizer with a minimum of 60% alcohol concentration can be used remembering that the 'air drying' is what 'kills' the virus.
- Food, drink, or any school supplies (pencils, erasers, phones, etc) will not be shared between students.
- School lunches should be ready to eat and require no preparation at school.
- Lunchroom supervisors will wear gloves given the high risk of surface contact when assisting students. After each task, supervisors will practice proper hand hygiene after removing their gloves and safely disposing of them in the waste receptacle.
- Food items and containers will be kept in the student's backpack, which only the student touches. Students must be able to open their own food containers and packages.
- School water fountains are deactivated. School bottle fill stations will be sanitized twice daily. Students must bring their own labelled water bottles for use each day.
- All group food preparation activities at school are now permitted with strict adherence to Food Safe and WorkSafeBC Restaurant protocols. In the event that St. Ann's wishes to have a group food activity (such as a pizza party for example), students who transport food to groups outside of their cohort will wear masks and gloves for delivery. Staff will handle the delivery of food within classrooms. Students will not serve themselves. Staff will ensure proper hand washing and hygiene is practiced in classrooms.
- Homemade food items will not be available to other students at this time (bake sales, birthday cakes/cupcakes, etc.)

G. Student Management: Physical Distancing

- Parents / Caregivers will remain outside of the school to drop off their children unless arrangements have been made in advance with the principal.



- All staff and students refrain from close greetings, such as hugs or handshakes. Smiles can be appreciated from any distance... even through a mask!
- All adults must be masked while in the school building, unless sitting/standing at their workstation, or behind a barrier. Physical distancing must continue to be maintained, even while wearing masks. (Allowance is made for eating and drinking while physically distanced.)
- Students are reminded to keep their hands to themselves. Parents/Caregivers are asked to reiterate the same reminders with their child before arriving at school.
- Staff may consider the use of educational videos/online programs as part of learning so young students can sit independently and distanced from each other.
- Staff may consider providing workspace outdoors when practical. Contact sports, including tag games, are discouraged. If sports equipment/balls are used, they are labelled and only touched by their 'owner'. Students within the same cohort may share equipment, however, strict hand washing afterwards is mandatory. Students should refrain from touching their faces when sharing equipment. BEFORE and AFTER any equipment use, it must be disinfected with a diluted bleach spray and left to air dry.
- Staff may incorporate more individual activities or activities that encourage more space between students and staff.
- Physical distancing during lineup/hallway tasks limits risk of contact with others. Students will be required to practice physical distancing as often as possible while seated or moving. Classroom procedures will be in place to support distancing and non-contact.
- Per direction from Ministry of Education, we will schedule time outdoors as much as possible both for recreational and learning opportunities. Students should have appropriate footwear and attire for a range of weather conditions.

H. School Structure / Organization

- Students are organized into cohort groups to a maximum of 60 and should stay together adhering to distancing guidelines throughout the day.



- School masses will be Livestreamed from Father Vincent's YouTube account for the remainder of this school year. Students will watch the mass from their classrooms and perform a Spiritual Act of Communion.
- Reasonable efforts are made to minimize the number of different staff members who interact with groups of students throughout the day.
- Students may interact with students from other cohorts while outside for recess. Students are encouraged to keep their bodies to themselves when outside and maintain social distance when possible.
- Cohorts may be adjusted or changed throughout the year to accommodate student learning.
- Our closed-system ventilation with filtered fresh air intake provides fresh air flow into instructional spaces without opening windows.
- The School playground equipment is open. When outside, students will also use the field and are encouraged to engage in contact-free games that do not involve hands. Students will sanitize their hands as they return into the building after using the playground equipment.
- Access/Occupancy
 - i) Student access to rooms in the school will be limited to use by 1 cohort at a time.
 - ii) Occupancy Rate for each room will be 100% of normal student classroom occupancy plus the assigned cohort class and any staff assigned to that cohort. Staff/volunteers who work with multiple cohorts must maintain social distance or wear a mask and/or shield.
 - iii) Staff supervision of student groups.

Cohorts will be assigned after staff are able to meet on Sept. 1, 2020. We will communicate the cohort assignments to parents/caregivers on Wednesday, Sept. 2, 2020.

Excess desks, tables and chairs will be removed from the classroom. Remaining furniture will be spaced out to ensure maximum space between students is used, while focusing on no physical contact.

- Bathroom occupancy will be limited to 1 cohort at a time encouraging no more than 3 students at a time.
- Office occupancy has been set to 4 people.
- Principal's Office has been set to 3 people.
- Staff Room: Max of 1 person.
- Isolation/Sick Room: 1 child/room + 1 adult at 2metre distance for supervision.

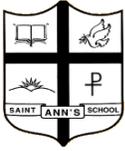


- Gym: 1 cohort at a time. For approved meetings/events: 50 in linear formation and 25 in circle formation.
- Gym Equipment Room: 1 people
- Photocopy Room/Workroom: 1 person
- Library: 1 class at a time physical distancing applies
- Computer Lab: 1 class/cohort
- Music Room: 1 class/cohort
- Art Room: 1 class/cohort
- Kitchen: 2 people
- Boiler/Mechanical Rooms: 2 people
- Lockers will be used (whether hallway or classroom). Students will be limited to using lockers within their cohort only. Teachers will stagger use of these common areas to allow for **physical** distancing and avoiding congestion.

Hallways are marked with traffic flow markers that remind staff and students of physical distancing. Signage is also posted throughout the hallways to remind occupants to maintain 2 metres of physical distance.

I. Academic Learning

- Teachers are expected to craft a learning plan for each week and to make this plan available to the principal upon request.
- Students attending school will have the individual supplies needed to complete the learning plan. Teachers will ensure these supplies are limited to each student and cared for in a way that discourages cross contamination as much as possible; supplies for learning may be left at school.
- Students will complete the activities assigned in the learning plan at school under the supervision of School Staff (Teachers and/or Special Education Assistants).
- Teachers will plan in a way that will facilitate an easy transition to other Stages should it be necessary to switch to a hybrid or at home model as the year progresses. Teachers will be prepared to send work home in an online format should students be absent due to symptoms.



- Students are encouraged to bring to school other activities for use after assigned activities are completed, such as reading books, colouring, individual games, etc.
- Teachers will build into their day mental health self-care for their students and themselves.

J. Staff Management: Physical Distancing

- Occupancy limits for shared spaces (staff room, photocopy room) are established and posted. See WorkSafe BC posters/resources.
- Staff are maintaining 2 metre physical distancing whenever possible between other staff and students, and are masked unless positioned behind their workstation, desk or a barrier.
- Work processes and practices are modified to encourage physical distancing between staff and students, and between staff.
- Staff are avoiding close greetings, such as hugs and handshakes. Smiles from the heart are just as 'touching' without physical contact!
- Staff who meet in person are ensuring there is a 2 metre space between each staff member when outside of a cohort.
- The flow in public places is marked and will be managed by:
 - moving through hallways on the right side (such as vehicles), and
 - traffic flow on the stairs will follow hallway procedure and will be marked as a reminder.
- A mask and face shield may be necessary when social distancing cannot be maintained. All staff have been given a face shield and are encouraged to use reusable masks. A reusable mask will also be provided. Disposable masks will also be available upon request.

K. Staff Management: Hygiene

- Staff should perform hand hygiene:
 - *when they arrive at school and before they go home
 - *before/after any breaks
 - *between different learning environments (outdoor/indoor; gym/classroom)
 - *before /after eating/drinking



- *before/after handling deliveries and mail
- *before/after handling food or assisting students with eating
- *before/after giving medication to a student or self
- *after toileting
- *after contact with body fluids (mucous/congestion, blood, spit, vomit, stool, urine)
- *after cleaning tasks
- *before/after using gloves
- *after handling garbage
- *whenever hands are visibly dirty
 - Staff shall follow respiratory hygiene by:
 - *coughing/sneezing into their elbow sleeve or tissue. Immediately disposing of used tissues and perform hand hygiene.
 - *refrain from touching their eyes, nose or mouth with unwashed hands
 - *refrain from sharing any food, drinks, unwashed utensils, or other items
 - Staff and all other adults in the building must wear a mask, unless positioned behind their desk or workstation, or behind a barrier. Masks may be removed for eating and drinking provided 2-metre distancing is maintained.
 - Staff shall remain on site and are not to leaving during lunch or at break times, unless deemed necessary and approved by the Principal (ie., for their own childcare purposes). They will follow the same entrance protocol (ie., self-assessment, hand hygiene) prior to re-entering the school.
 - Hand-washing supplies are available at all times (liquid soap, paper towels, minimum 60% alcohol-based hand sanitizer).
 - Hand-washing signs are posted near all sinks. All staff will wash their hands frequently to reduce the risk of transmission. Some people have found it helpful to set a 'mental' 20 second timer or offer a prayer (Hail Mary or Our Father) for someone to support effective hygiene and spiritual practice.
 - Other hygiene practice signage is posted (see resources from WorkSafe BC).
 - At this time, the use of PPE by staff in our school (ex., masks, gloves, other) is followed as part of regular precautions for the hazards



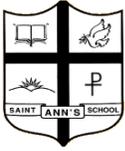
normally encountered in one's regular course of work (ex., cleaning, first aid, risk of projectiles/particles, risk of exposure to bodily fluids, or in certain circumstances where other preventative safety measures cannot be maintained such as physical distancing for greater than 15 minutes or hand-washing).

L. Staff who Become Ill While at Work:

- Staff who display any symptoms of fever, common cold, influenza, COVID19 or other respiratory diseases while in attendance at school will be asked to go if well enough to do so independently.
- Should the staff member be unable to leave promptly, he/she will be separated from all students and school staff and placed in a supervised area referred to as the *Isolation Room* where the *Isolation Room Protocols for Symptomatic Staff or Students* shall be followed as the individual awaits transportation.
- The ill staff member shall contact their health care provider or call 8-1-1 HealthLink line as appropriate and advise the school of the outcome and prognosis for return to duties.
- Under the direction of Health Authority, the School may be required to submit information to Northern Health or other Health Authority.

M. Cleaning/Disinfecting During School Hours

- Common, commercially-available detergents and disinfectant products are being used.
- Classroom: Each classroom will have diluted BetCo solution in spray bottles with paper towels to clean surfaces at least twice per day, or more if required. Adult staff or supervisors must perform the disinfection of surfaces and keep the disinfecting spray bottle stored securely and out of reach from students when not in use by the supervisor. BetCo is an approved product for cleaning and disinfecting Covid-19 (both for wiping down and misting surfaces) which is not as harsh as bleach. It has less of a smell, does not discolour clothing or cause the headaches we see with bleach use.
- Supplies:
 - *Personal electronic devices are to remain at the student's desk for the duration of the day or within backpack for storage. They are not to be shared. At the end of each



day, prior to charging, the device must be wiped down using a disinfecting wipe by the supervisor. In order to disinfect any electronic devices, alcohol wipes may be used, as misting diluted BetCo solution directly onto the device will damage the device. Alternately, bleach solution/alcohol sanitizer spray may be spritzed onto a paper towel to create the same effect as a sanitizing wipe.

- As part of 'end of day' routine, students, at the discretion of the adult supervisor will contribute to the cleaning of their personal space and equipment, followed by the staff member misting cleaned surfaces with diluted BetCo solutions that are allowed to air dry.
- **General cleaning and disinfecting** of the premises will occur **at least once every 24 hours**.
- **Frequently touched (high touch)** surfaces are cleaned and disinfected **at least twice every 24 hours**, including (but not limited to) door knobs, light switches, toilet handles, tables, desks, chairs, the stair railings, and shared office spaces.
- Garbage containers are to be emptied once three quarters (3/4) full to avoid spillage, or, at least twice per day, whichever comes first. Under no circumstances is anyone permitted to 'push' the contents down into the garbage can in order to make 'room' for more.
- Garbage cans will have plastic bags as liners that must be securely tied before removing the bag from the can and promptly removed from the area. Do not disturb contents and avoid placing head/face over bag while handling. This task will be done wearing gloves.
- Shared items where cross-contamination is possible (shared school supplies, coffee stations, water stations, etc) are not permitted. These will be removed or restricted from access.
- Staff shall disinfect shared spaces (such as tables) with BetCo solution at the end of their shift and allow to air dry. It is highly recommended that staff develop a habit of misting areas they have touched with the BetCo solution/sanitizing spray and leaving them to air dry.
- If any cloth items were used, they are to be bagged and tied, and taken to be laundered.

N. Cleaning/Disinfecting After School Hours

- St. Ann's School is cleaned and disinfected in accordance with the BC CDC's Cleaning and Disinfecting for Public Settings (http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf).



O. Communication

- St. Ann's School follows the guidance of the Northern Health Authority. In the event of a COVID-19 exposure, the Principal is required to follow the communication protocols established by the Health Authority. (Please refer to *Appendix C: Public Health Notification*)
- Parents and caregivers are provided a clear understanding that students must stay home if they are sick.
- Our school is minimizing the number of non-essential people (parents, caregivers, contractors) entering the school.
- Our school will keep parents/caregivers informed and updated. We encourage everyone to check for email notifications daily in the morning and evening in case new information/updates are available. Updates will also be shared via our school Facebook page and our website: www.stannsschool.ca
- All information relating to COVID-19 is posted on our school website, FaceBook and/or shared by email.
- Essential health and safety information is communicated to staff in writing before returning to the workplace.
- Upon return to the workplace, a health and safety meeting is held to review workplace practices.
- Regular check-in meetings with staff, that may initially be held daily, are held to provide new information and review concerns.

P. Mental Health Resources

- 1) COVID-19 Psychological First Aid Service: Information and Signup (British Columbia Psychological Association) – Free virtual counselling provided by registered psychologists. <https://www.psychologists.bc.ca/covid-19-resources>
- 2) COVID-19: Staying Well In Uncertain Times (Canadian Mental Health Association – B.C.) – Tips and information on how to reduce and manage anxiety in the workplace due to the COVID-19 outbreak. <https://cmha.bc.ca/covid-19/>
- 3) Managing COVID-19 Stress, Anxiety and Depression (Ministry of Mental Health and Addictions) - Tips and resources on things we can do as individuals and collectively to deal with stress and support one another during these challenging times. https://www2.gov.bc.ca/assets/gov/health/safety/covid19_stressmanagement_5_accessible.pdf



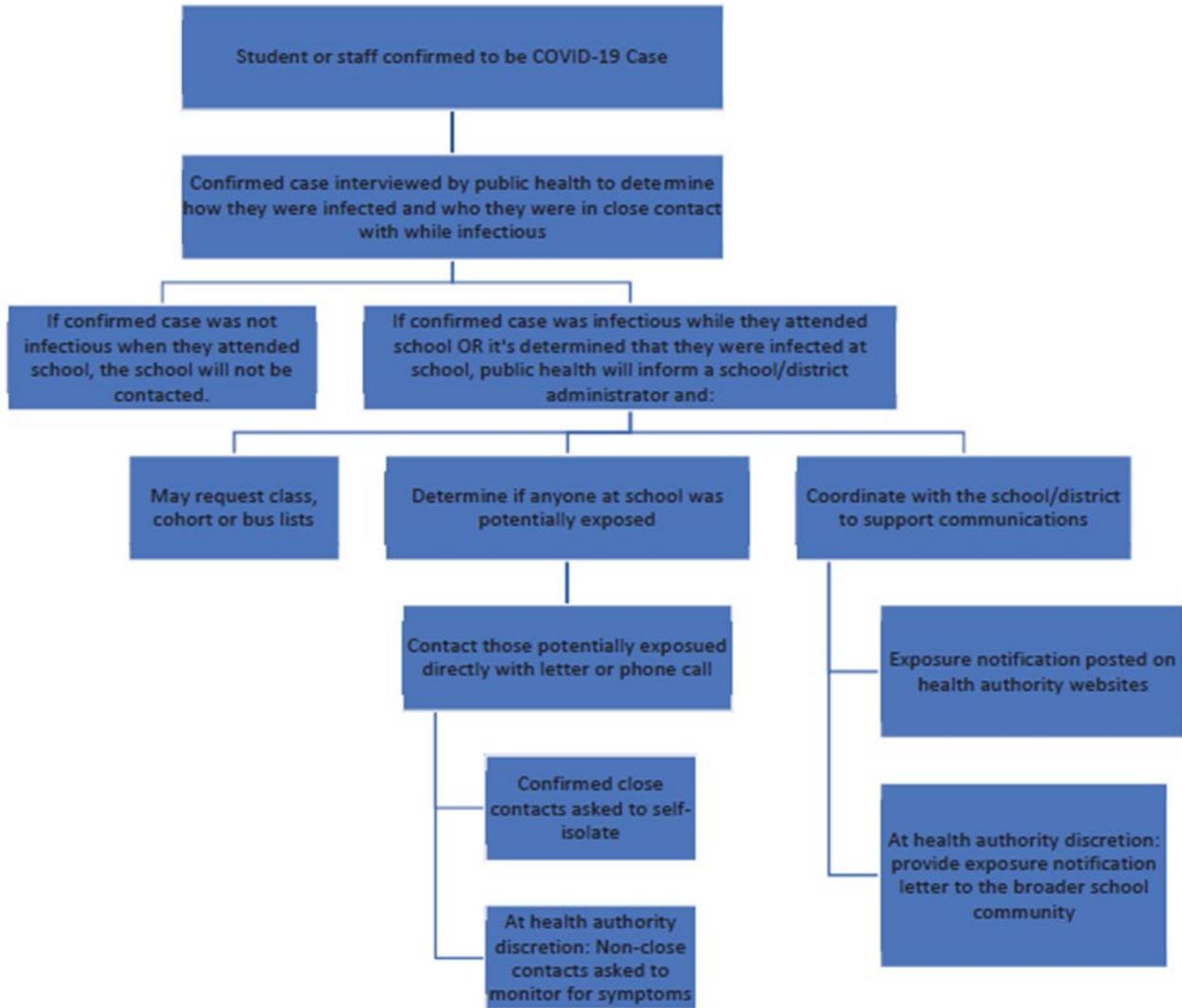
- 4) Mental Health and Psychosocial Considerations During COVID-19 Outbreak (World Health Organization) – These mental health considerations were developed by the WHO’s Department of Mental Health and Substance Use as messages targeting different groups to support for mental and psychosocial well-being during COVID-19 outbreak. <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- 5) Mental Health and COVID-10 (Conference Board of Canada) – Videos on different aspects of mental health, including coping with anxiety, job loss, and dealing with isolation. [https://www.conferenceboard.ca/\(X\(1\)S\(1tloqepagnh0xli4w2hckucy\)\)/insights/covid-19?AspxAutoDetectCookieSupport=1](https://www.conferenceboard.ca/(X(1)S(1tloqepagnh0xli4w2hckucy))/insights/covid-19?AspxAutoDetectCookieSupport=1)
- 6) Taking Care of Your Mental Health (COVID-19) (Public Health Agency of Canada) – Tips and resources for taking care of your mental health during the COVID-19 outbreak. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>

Q. References

- Ministry of Education K-12 Education Restart Plan. <https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-education-restart-plan.pdf>
- Provincial COVID-19 Health & Safety Guidelines for K-12 Setting. <https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-caring-orderly/k-12-covid-19-health-safety-guidlines.pdf>
- COVID-19 Public Health Guidance for K-12 School Settings. BCCDC/Ministry of Health. May 15, 2020. https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19_k-12_school_guidance_-_2020_may_15_-_final.pdf
- BC CDC’s Cleaning and Disinfecting for Public Settings: http://www.bccdc.ca/Health-Info-Site/Documents/CleaningDisinfecting_PublicSettings.pdf
- COVID-19 Public Health Guidance for Childcare Settings: https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19_child_care_guidance_-_2020_may_15_-_final.pdf
- BC Government Self-Assessment Tool: <https://bc.thrive.health/covid19/en>.
- British Columbia COVID-19 Dashboard. <https://experience.arcgis.com/experience/a6f23959a8b14bfa989e3cda29297ded>



Appendix C: Contact Tracing and Public Health Notifications in Schools



Regional health authorities determine their own notification processes. The notifications used in some regions may differ from what is included here. In all regions, public health ensures anyone who may be a close contact (i.e. those required to self-isolate) is notified. Additional information on contact tracing, self-isolation and close contacts is available from [BCCDC](https://www.bccdc.ca).





Appendix F: Daily Health Check – Staff or those requiring a hard copy resource updated February 24, 2021



The following is a resource of a daily health check to determine if you should attend school that day.

Daily Health Check			
1. Key Symptoms of Illness:	Do you have any of the following key symptoms (note all that apply)?	Circle One	
<i>Note:</i> If 'yes' to even one of these symptoms, stay home and seek testing.	Fever (37.5°C or higher is considered a fever)	Yes	No
	Chills	Yes	No
	Cough or worsening of chronic cough	Yes	No
	Difficulty breathing	Yes	No
	Loss of sense of smell or taste	Yes	No
2. Other Symptoms of Illness:	Are you experiencing any of the following symptoms (note all that apply)?	Circle One	
<i>Note:</i> If 'yes' to <u>one (1)</u> of these symptoms, stay home until you feel better. If 'yes' to <u>two (2)</u> or more of these symptoms, stay home for 24 hours to see if you feel better. If not better after 24 hours, seek testing.	Sore Throat	Yes	No
	Loss of Appetite	Yes	No
	Extreme Fatigue/Tiredness	Yes	No
	Headache	Yes	No
	Body Aches	Yes	No
	Nausea or Vomiting	Yes	No
	Diarrhea	Yes	No
3. Other Questions		Circle One	
Confirmed Contact? If yes, you are required to self-isolate for 14 days since last contact with the person confirmed to have COVID-19	Have you been identified and contacted by Public Health as a 'confirmed close contact' of a person confirmed by Public Health to have COVID-19?	Yes	No
International Travel? If yes, you are required to do self-quarantine for 14 days.	Have you returned from travel outside Canada in the last 14 days?	Yes	No
Isolation? If yes, you are required to do so and follow the instructions provided by Public Health	Have you been told to isolate by Public Health?	Yes	No
<p align="center">Check your Symptoms Using the BC Self-Assessment Tool.</p> <p align="center">Should you have questions, or the symptoms get worse, contact your health care provider or call 8-1-1. If a health assessment is required, you should not return to school until COVID-19 has been excluded and your symptoms have improved or as otherwise directed by public health or health care provider.</p>			
<p align="center">To arrange for a testing appointment in Interior Health:</p> <p align="center">You can make an appointment online through the COVID-19 Test Booking Form, or call 1-877-740-7747 for assistance between 8 am – 7pm, daily. Please try to book within 24 hours or the first available test in the closest collection centre.</p>			



To arrange for a testing appointment in Northern Health

Call the Info Line at [1-844-645-7811](tel:1-844-645-7811)

All Northern BC residents can call this line for COVID-19 information, health advice, virtual screenings and assessments, and primary and community care services.

For more information on COVID-19 visit the [BCCDC website](#)

When can I return to school after a Test? Typically:

*If the test result is **negative**, one can return to school when symptoms improve and one feels well enough to participate in all school-related activities.

*If the test result is **positive**, one must follow direction from public health on when return to school is possible.

If unsure/unclear whether safe to return to school, contact 811 or your health care provider.