

Staying Safe at School During COVID-19

Public Health Sudbury & Districts

September 2020



**Public Health
Santé publique**
SUDBURY & DISTRICTS

We know these times have been challenging...

Parents/caregivers reported moderate to high levels of concern for:



48%

Managing their children's remote learning.



54%

Managing their children's screen time.



48%

Managing their child's anxiety and stress.



31%

Managing their child's behaviour.



48%

Managing household routines, organization and meals.

Offord Centre for Child Studies; McMaster University (September 2020).
Impact of the COVID19 pandemic on Ontario Families with Children:
Findings from the Initial Lockdown.

61% of respondents reported having more family meals together.



Despite these many stressors, parents also reported several positive experiences during COVID-19 including eating meals with family more often (61%), increased exercise or physical activity (36%), spending more time in nature or being outdoors (56%), spending more time doing enjoyable activities (e.g., reading books, puzzles), and having greater appreciation for things usually taken for granted (57%).



Since the COVID-19 pandemic started:

56% reported more time in nature/being outdoors

46% reported more time doing enjoyable activities (e.g. reading, books, puzzles).

58% reported more appreciation of things usually taken for granted.

Offord Centre for Child Studies; McMaster University (September 2020).
Impact of the COVID19 pandemic on Ontario Families with Children:
Findings from the Initial Lockdown.

Back to School



What do we know about COVID-19?

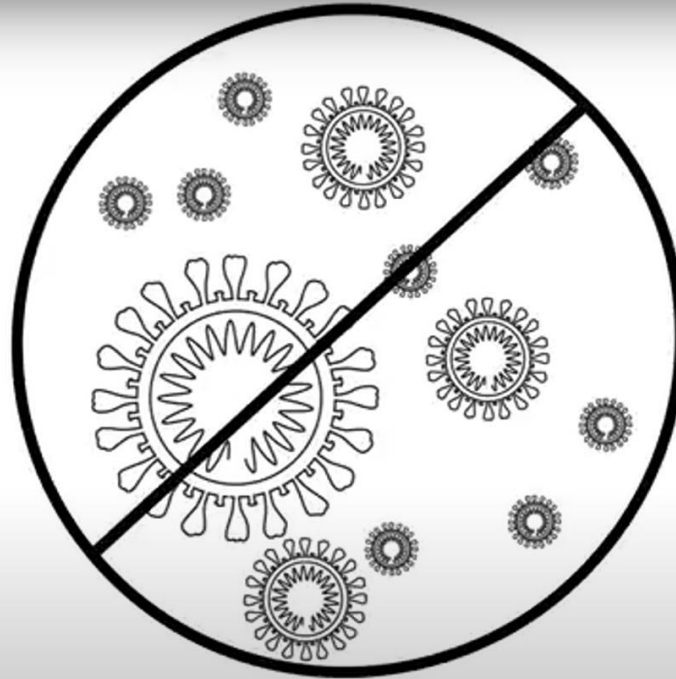
- Mainly spread from person-to-person
- Causes respiratory issues ranging from mild to severe symptoms and sometimes leading to death
- Some infected people never develop any symptoms

What do we know about COVID-19 in Children?

- Evidence to date suggests that approximately 1-10% of COVID-19 cases are in children.
- Children tend to have mild infections, with a substantial portion being asymptomatic.
- Although rare, there are reports of severe illness in children with some requiring mechanical ventilation.
- In Canada, there have been 23,034 positive cases (6,303 cases in Ontario) in children aged 0-19 years as of October 18th. This represents 12% of the total COVID-19 cases in the country.
- On October 9th 2020, Ontario's Chief Medical Officer of Health Dr. David Williams, reported that the evidence is clear, there is not large scale transmission within schools. He stated there is evidence that there are cases within the community that attend school – but there is no evidence of wide spread transmission within the schools.

What do we know about COVID-19?

How to protect yourself against COVID-19



Stay healthy and prevent spread of COVID-19

1:26 / 1:30

CC HD

An illustration featuring three stylized human figures in a landscape. On the left, a person with red hair and a backpack stands facing right. In the center, a person with blue hair and a red top stands with hands on hips, facing right. On the right, a person with a beard and orange shirt stands facing left. A large, semi-transparent green rectangular sign is positioned in the middle ground, partially overlapping the central and right figures. The background consists of a dark teal upper half and a lighter teal lower half, separated by a horizontal line. The foreground is a solid dark teal band.

**Do your part!
Stop the spread.**

Current Status: Northern Ontario

Public Health Unit	Tested	Positive	Deceased	Resolved	Rate of Cases per 100,000
Ontario	4,506,083	64,371	3,046	55,371	437.8
Sudbury & Districts	46,507	111	2	109	55.8
Algoma	49,741	39	0	34	34.1
Timiskiming	11,683	17	0	17	58.1
Thunder Bay	56,913	109	1	1	72.7
North Bay & Parry Sound	n/a	41	0	40	30.8
Porcupine	26,665	88	9	86	105.5

Stats current as of October 15, 2020

3 Main Lines of Defense Against COVID-19 in Schools

1) Hand Hygiene

2) Physical Distancing

3) Mask Use

**WASH YOUR
HANDS OFTEN**



**KEEP YOUR
DISTANCE**



STOP 



Students, staff, parents, and visitors must wear a mask.

Hand hygiene



Hand washing with soap and running water:

- Preferred when hands are visibly soiled because alcohol is inhibited by organic matter
- Mechanical action of washing, rinsing and drying removes most transient bacteria

Hand hygiene



Alcohol-based hand rub (ABHR):

- Preferred when hands are not visibly soiled
- Should contain 70 – 90% alcohol
- Takes less time than hand washing
- More effective than hand washing with soap and water when hands are not visibly soiled
- Mechanical rubbing action is important to kill transient bacteria
- Less drying to hands than soap and water

Physical distancing



Face coverings



WEAR YOUR MASK SAFELY



Do make sure your mask fits snugly against the sides of your face and covers your nose and mouth.

Do wear a mask when you can't keep your distance from others.



Don't wear your mask below your nose.



Don't wear a mask that doesn't cover your chin.



Don't remove or adjust your mask while wearing it.



Don't wear a mask that is too loose.

https://www.youtube.com/watch?time_continue=6&v=3Ne7JtqDVxA&feature=emb_title

Cleaning & Disinfecting Your Home

- The COVID-19 virus is most likely to be on surfaces you frequently touch with your hands.



Frequently clean and disinfect high-touch surfaces in your home, such as:

- tables
- toilets
- countertops
- light switches
- laundry hampers
- television remotes
- phones and electronics
- handles to doors, refrigerator, dishwasher, cabinets, faucets, etc.

Cleaning & Disinfecting Your Home

Cleaners	Disinfectant (e.g., bleach)	Disinfectant Wipes
<ul style="list-style-type: none">➤ Break down grease and remove organic material from the surface.➤ Used separately before using disinfectants.➤ Can be purchased with cleaner and disinfectant combined in a single product.	<ul style="list-style-type: none">➤ Have chemicals that kill most germs.➤ Applied after the surfaces have been cleaned.➤ Have a drug identification number (DIN). A DIN is an 8-digit number given by Health Canada that confirms it is approved for use in Canada.	<ul style="list-style-type: none">➤ Have combined cleaners and disinfectants in one solution.➤ May become dry due to fast drying properties. Should be discarded if they become dry.➤ Not recommended for heavily soiled surfaces.

Your Role as Parents/Guardians

- Build a COVID-safe environment at your home
- Practice the COVID-safe behaviors yourself and model them to your kids
- Praise your children's efforts to keep COVID safe.
- Acknowledge children's disappointment, frustration, anger, grief, loss, anxiety
- Brainstorm and negotiate rules and responsibilities together with your children
- Screen children for symptoms each day

Self-Screening

[Home](#) > [Health and wellness](#) > [COVID-19](#)

Last updated: September 14, 2020

COVID-19 school screening

You must screen for COVID-19 every day before going to school.

Answer the following questions to help you decide if you should or should not go to school today.

You can fill this out on behalf of a student.

Using this tool is optional and is not tracked or enforced. If your school board or public health unit has another screening process, you can use that instead.

This screening cannot diagnose you. If you have medical questions, consult a health care provider or your [local public health unit](#). Listen to the advice of your local public health unit first, as their advice overrules the advice in this screening.

[Start school screening](#)

What to do when your child has symptoms

- If your child has new or worsening symptoms, what you do depends on the symptoms and whether they are due to other conditions (e.g. asthma, allergies)
- Follow the directions in the screening tool

What happens if someone in my child's class tests positive for COVID-19?



What does “outbreak” mean?

- 2 or more confirmed cases in students, teachers or visitors
- The cases occurred within a 14 day period
- The cases appear to be linked, one of the two cases is acquired from school

What happens when there is an outbreak in my school?

- MOH will declare an outbreak
- MOH will determine whether to send the class home or the entire school

When can my child return to school?



- PHSD will work closely with your principal to determine when the school can re-open
- The outbreak doesn't necessarily need to be over to return to school
- Gradual re-opening of the school

Top 10 COVID Rules

1. Stick to your household contacts
2. Keep 2 meters distance from anyone not in your household contacts
3. Use your face covering in enclosed indoor public spaces
4. Limit gatherings
5. Limit travel
6. Wash your hands
7. Stay home when ill
8. Get tested
9. Work remotely
10. Practice kindness, patience and gratitude

Public Gatherings

Social Circles:

- On pause

Social Gatherings:

- Maximum of 10 indoors
- Maximum of 25 outdoors

Weddings, Funerals, & Religious Services:

- Maximum of 30% capacity of the ceremony venue

We all play a role in keeping COVID-19 out of our homes, our schools and our community!

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