

# MEMO

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**TO:** All Physicians and Staff

**FROM:** Occupational health and Safety and Infection Prevention and Control

**DATE:** October 1<sup>st</sup>, 2020

**SUBJECT:** FAQs – Managing the school year during COVID-19

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There has been a noticeable change in the air as we feel the shift of the season. While this would normally mark a happy occasion for many parents as their kids start the school year, we recognize that this year is very different.

We share your concerns and will help you plan as best as possible for the season ahead as you manage not just the worry of cold and flu but also of the possibility of exposure to COVID-19.

To help prepare you, we have put together some information to answer your questions. Please refer to these resources and follow the instructions set out by public health. If you have questions about how to manage a leave of absence due to illness or self-isolation requirements, please speak with your manager. If you are required to be absent from work, please let your manager know as soon as humanly possible, so that we can begin our difficult task of trying to find someone available to fill your shift(s).

**Remember:** the most important thing that we can do for ourselves, our family, and our hospital is to stay the course on exceptional hand hygiene, wear proper PPE (including masks in public!) and stay home when sick.

More than ever, we need you to be healthy at work – your community depends on it.

## ***FAQS – Managing the school year during COVID-19***

### ***What if I have been notified that my child has been exposed to someone who has tested positive for COVID-19 AND my child has symptoms?***

You will **not be able to be at work** and will have to self-isolate at home until your child's test results are back, and then follow the direction of the public health unit. Please see the helpful chart at the end of this memo.

***What if I have been notified that my child has been exposed to someone who has tested positive for COVID-19 but my child is NOT showing symptoms?***

You **can** come to work. You are not required to isolate. Please see the helpful chart at the end of this memo.

***My child has a COVID-19 symptom but has NOT been exposed to someone who has tested positive for COVID-19. What do I do?***

Please take your child for COVID-19 testing. Your child must remain in isolation at home while waiting for the test results.

If **you** have no symptoms, **you can continue to work under “Self Monitoring”** protocols. These are special provisions for healthcare workers. See below.

***What is “Self Monitoring”?***

- Strictly adhere to masking and other PPE protocols when at work
- Maintain physical distancing (6 feet/2 meters) at work, except when providing direct care
- Perform meticulous hand hygiene
- Do not eat meals in shared space with other people

***What happens after I get my child’s test results back?***

Notify Occupational Health and Safety at extension 8200 **only** if your child’s test results are positive.

**If your child tests positive for COVID-19:**

- Public Health will receive the results and contact you to provide further direction. You do not need to contact the school – public health will call for you.

**If your child tests negative for COVID-19:**

- Your child cannot return to school until at least 24 hours after symptoms have resolved without the use of fever-reducing medication, or 48 hours after vomiting or diarrhea has resolved.
- Please see the chart below to determine the impact on you as a health care worker

**If your child does NOT get tested, then prior to returning to school, your child must:**

- Self-isolate for 14 days AND not have a fever AND symptoms have been improving for at least 72 hours.

**If the situation changes this document will be updated accordingly and recirculated.**

<b>If your child or other household member:</b>	<b>Then the healthcare worker should:</b>
<ul style="list-style-type: none"> <li>• Is symptomatic</li> <li>• Had NO close contact with someone who has tested positive</li> </ul>	<ul style="list-style-type: none"> <li>• Work with self monitoring protocols if you have no symptoms yourself</li> <li>• End self monitoring protocols once your household member receives a negative result</li> <li>• Follow universal masking protocols. Masks must be worn in all common areas</li> </ul>
<ul style="list-style-type: none"> <li>• Has no symptoms</li> <li>• Has had close contact with someone who has tested positive</li> </ul>	<p>Not require isolation</p>
<ul style="list-style-type: none"> <li>• Is symptomatic</li> <li>• Has had close contact with someone who has tested positive</li> </ul>	<p>Not come to work until household member receives a negative test result</p>
<ul style="list-style-type: none"> <li>• Tested positive</li> </ul>	<p>Not come to work until 14 days from last contact, guided by Public Health</p>