



OLCN EDUCATION RETURN TO SCHOOL PLAN

Community Information

August 2021

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INTRODUCTION

A MESSAGE FROM ONION LAKE EDUCATION

Onion Lake Education's top priority is the safety and well-being of our students, staff, and community. In the midst of the Covid-19 pandemic, we are striving to provide the best education as safely as possible. We do this with an understanding that healthy and happy children require not only their physical needs to be met, but their mental, emotional, and spiritual needs as well. These 4 domains (mental, emotional, physical, and spiritual) will continue to be our focus as we go through this Covid era. With this in mind, and with the direction and expertise from OLCN Health and the OLCN Pandemic Team, we developed a plan for the upcoming 2021/2022 school year that would best meet these needs. This plan incorporates the best practices from each of the provinces and territories, with the understanding that the Onion Lake Cree Nation is a unique and sovereign nation. Therefore, our plan should be unique to us, and our leadership have the authority (with input from the community) to make the final decision on what is best for our community. We will continue to be flexible and respond to the needs identified by the community as well as learning from how the Covid-19 situation evolves in other communities, so be mindful that things could change as we move through the school year. We will keep parents and the community updated at all times.

Fred Dillon, Director of Education

Any questions or concerns regarding the overall plan can be directed to Fred Dillon, Terry Clarke, Pauline Muskego, or Delia Harper at Kihew Waciston, (306) 344-2525. Questions specific to each school may be directed to the school's Principals.

Kihew Waciston Cree Immersion: Marilyn MacDonald (306) 344-2525

Pewasenkwan Primary School: Lianna MacDonald (306) 344-4488

Chief Taylor Elementary School: Owen Morris (306) 344-4530

Eagleview High School: Deb Ramsay (306) 344-2440

Sakaskohc High School: Mark Pelly (306) 344-3414

For more information regarding COVID-19, please refer to Appendices E (Indigenous Services Canada Parent Information Package) and F (Saskatchewan Health COVID-19 FAQ).

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Overview

Staff will be oriented to the new rules and procedures. Parents are invited to contact the schools to learn about the updated rules and procedures as well. The OLCN Return to School Plan for Families Handbook is available at all schools. Start dates for staff and students will be staggered.

Start Dates	
Staff	Monday, August 23, 2021
Grades 9-12	Tuesday, September 7, 2021
Grades 1-8	Monday, September 13, 2021
Headstart, Pre-K, Kindergarten	Monday, September 20, 2021

Commented [A4]: Are these still the right dates?

OLCN Education had planned for two scenarios at the beginning of the 2021-2022 school year. At this time, the scenario that has been chosen by OLCN Chief and Council, with input from OLCN Health Centre and the OLCN Pandemic Team is **Scenario 1: In-Class with Pod System and Safety Measures**

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Scenario 1: 100% In-Class with Pod System and Safety Measures

Scenario 1 will see all our students return to school for in-class learning (with the exception of parents who have made arrangements for home-schooling or home-study). Children in Headstart and Pre-K will attend school from Monday to Thursday for half a day. K-12 students will attend school from Monday to Thursday, and engage in home-study on Fridays. This will offer the opportunity for a deep cleaning of the school, and will allow teachers and staff time to prepare home-study packages. All students are fully expected to do work on those Fridays, it is not a day off.

Commented [A6]: Find out if Fridays are off

Scenario 2: Full Time Home-Study

Scenario 2 will involve the closure of all schools to students and will come into effect in the case of a community outbreak (at the discretion of Chief and Council). All students will stay home and engage in home-study. The section on Home Study (pg 7) more fully describes what home-study will look like. Land-Based Learning opportunities will still be provided. Teachers will continue to work at the school, maintaining strict safety protocols.

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SAFETY MEASURES

The following safety measures will be implemented in Scenario 1. Each school will have their own emergency plans in place. In addition, each school will delegate who is responsible for overseeing individual safety measures.

Hygiene	Hand-washing and hand-sanitizing stations will be available at all entrances, as well as each classroom and bathroom. Liquid soap dispensers will be available at all sinks and hand-washing stations and will be kept filled
	Frequent hand-washing breaks will occur. Teachers will teach the importance of clean hands and how it helps to keep us healthy
	Staff and students will wash hands before and after eating, using the bathroom, coughing, sneezing, recess, and leaving/entering the classroom
	Respiratory etiquette will also be taught. This involves coughing or sneezing into a tissue, and immediately throwing the tissue away and then washing hands. If no tissue is available, cough or sneeze into your elbow
	Signs will be posted throughout the school as reminders to wash hands frequently
	A no-sharing policy will be in effect. Remove or minimize shared items (such as pencil sharpeners, microwaves, etc.) as much as possible.
	Encourage/require handwashing or use of an approved alcohol-based sanitizer after using shared items such as computers, iPads, toys, etc.
	Students are not allowed to bring non-essential personal belongings (toys, etc.). If belongings are brought, they must stay with the child and be clearly labelled with their name.
	Cubbies and lockers will be spaced apart. If spacing isn't possible, students will keep their items with them at their desk, or in a plastic container
	Students will not assist in food-making or food-serving. Lunch, breakfast, and snacks will be pre-packaged when possible and served by designated staff, with strict hygiene and food-handling measures in place
	Lunch will be available for all students to reduce the number of students bringing lunch from home. If a parent wishes to send lunch with their child, it must not be shared. Microwaves will no longer be available.
	Breakfast, lunch, and snacks will be delivered directly to each classroom. Students will eat at their desks
	Water fountains will be turned off. Water coolers and/or water bottle filling systems will be available, and each student will be given a water bottle with their name clearly labelled
	Teeth-brushing will no longer occur at school. Students must brush their teeth as part of their morning routine at home

Commented [A8]: Maybe delete?

Commented [A9]: Schools to order their own new bottles

Masks	Mask use for staff is mandatory in all OLCN schools in all settings if physical distancing cannot be maintained such as: common areas, hallways, busses, etc. Face shields will be optional for teachers
	Masks will be mandatory for all students in common areas such as hallways, bathrooms, and buses
	Masks will be mandatory for students grade 2 and up in classrooms if physical distancing is not possible . In this case, multiple mask breaks will be scheduled outdoors
	Masks will be provided, although parents can choose to send reusable masks with their children if they wish
	Students will be taught how to properly use a mask (wash hands before putting on a mask and after taking one off, removing a mask by the ear-loops, properly fitting the nose piece to their nose contours, etc.)

Cleaning	Schools will be cleaned thoroughly daily. Frequent cleaning throughout the day of bathrooms and high-touch surfaces such as doorknobs, light switches, keyboards, etc.
	Shared items such as toys, laptops, ipads, and other equipment will be disinfected between each use. Disinfecting wipes will be made available for more frequent cleaning of items
	Water cooler handles and spigots will be cleaned and disinfected frequently, and interior reservoirs will be cleaned bi-weekly
	According to Public Health, playground structures are at a low risk for transmission. However, high touch surfaces made of metal or plastic will be disinfected frequently. Wood surfaces do not require frequent cleaning. Education will not be responsible for cleaning playground structures that do not belong to any of the schools
	For early learning settings, there will be close monitoring and disinfecting of toys and equipment that require close interaction
	Bathrooms will be cleaned and disinfected several times a day
	Items that cannot be easily cleaned and disinfected will be removed, such as rugs, stuffed toys, fabric furniture, etc.
	There will be a deep cleaning of the school every Friday

Commented [A10]: Confirm with Shannon Imhoff

Social Distancing	Staff and students will be assigned to cohorts, or “pods”. Staff and students will remain with their pods throughout the day, and will not come into contact with other pods. Pods must be two metres apart if possible
	The purpose of pods is to create a space in which students and teachers can interact with one another, and to lessen the impact of an outbreak. Physical distancing will still be followed as much as possible within a pod. If an outbreak occurs, then only those within the pod would have been exposed, and contact tracing will be easier
	The importance of social distancing will be taught and emphasized. Signs will be posted throughout the school as reminders. With younger children, social distancing may not always be possible. Instead, the focus should be on minimizing physical contact as much as possible. Avoid initiating hugs and handshakes, but be mindful that young children need physical contact as a healthy part of their development, so do not refuse a child who is seeking a hug
	Seating arrangements will be created. All desks must face the same direction. Shared tables will have seating separated by plexiglass or plastic if possible. Non-essential furniture has been removed to create more space
	Lunch, recess, and bathroom breaks will be scheduled and staggered to avoid mixing of pods
	High traffic areas such as entryways and hallways will be managed with floor markers and signs. When lining up, students will maintain distance.
	Teacher-movement will be encouraged as much as possible rather than student-movement. For example, the Cree teacher will come to the classroom rather than the students going to the Cree room. All staff that are not part of a designated pod will have a zone in front of the classroom in which students and other staff may not enter. If a student requires help, the teacher must put on a mask, sanitize their hands, and go to that student.
	Staffrooms will be off-limits to everyone
	Common areas such as libraries or computer rooms will be sanitized after every use
	Having outdoor classes and lunches will be encouraged as much as possible, weather permitting, since risk of transmission is lower outdoors

	Appointment-based visitors will be permitted to enter the school. If visitors do not have an appointment, they may call the school and somebody can meet them outside. All visitors must wear a mask and sanitize their hands. Each school will have a person posted at the front door to answer questions, for Covid-19 screening assessments, and to provide masks and hand sanitizer for any visitor deemed necessary.
	There will be no assemblies or large gatherings, with the exception of staff meetings, in which strict social distancing will be observed
	No sports with schools outside the community are permitted at this time
	Extracurriculars and intramurals will still be offered
	Air-flow in classrooms may be increased as much as possible by opening windows (weather permitting). Each school will also ensure that their air ventilation system is working to increase fresh air as much as possible
	Records will be kept on staff and student movement. For example, what time a pod left the classroom, time of day, etc. Visitors will also be logged

Transportation	Parents and caregivers will be encouraged to provide private transportation as much as possible
	If you're picking up/dropping off your child, pick-up and drop-off must occur outside of the building
	During drop-off, the child's temperature will be taken at the front door
	During pick-up, parents must remain outside (a parent/staff member may accompany younger children to and from the vehicle)
	Students will sanitize their hands and have their temperature taken before entering the bus
	Students must maintain social distancing as much as possible on the bus
	There will be fixed seating plans on busses
	Busses will be thoroughly cleaned and disinfected after each bus run. This includes high-touch surfaces such as seats, handrails, windows, etc.
	Windows may be opened to increase air-flow, weather permitting
	Bus times may be staggered if needed. Late arrival to school will not be discouraged or have any repercussions. The safety of students is more important than punctuality
	A barrier may be installed around the driver (i.e., plexiglass)

Commented [A11]: Send to AI - sent Aug 27

Commented [A12]: Update checklist

Commented [A13]: update

Commented [A14]: Check if we have authority to ask them to notify the school

Covid-19 Specific Measures	All staff and visitors must complete the Covid-19 Screening Checklist (Appendix B) and will have their temperature checked before entering the school or bus
	Parents must review the Covid-19 Screening Checklist (Appendix B) every morning before sending their child to school
	If any visitors develop symptoms within 2 weeks of visiting the school, they are encouraged to notify the school and the Health Centre
	Anyone exhibiting symptoms of Covid-19, even if they're mild, must not enter the school or bus. A strict stay-at-home policy will be in effect. Signs will be posted as reminders
	If a staff member or student develops symptoms at home or on their day off, they should immediately inform the school and the Health Centre. The Health Centre will direct them on what to do next
	Policies will be reviewed and amended to ensure staff and students will remain at home if they're sick. Perfect Attendance awards will no longer be given. When students work from home, rewards will be given for completing assignments instead

	If a student becomes sick while at school, they should immediately be isolated in a designated room. They should remain in this room until they are able to leave the building. Parents will be called immediately.
	The student will wait for a parent to pick them up. A supervisor will stay with the child, with proper safety protocols in place. The child should still be cared for and comforted. The supervisor must wash their hands after being in contact with the child
	If a staff member becomes sick while at work, they will immediately be directed to go to OLCN Health Centre for testing and will follow the directions set out by OLCN Health
	If a sick child is driven home, the driver will follow proper safety protocols and the vehicle will be disinfected between uses
	After a sick child or staff member leaves, dispose of gloves and masks, and disinfect the room thoroughly. Any items that the child or staff member has come into contact with that cannot be properly cleaned or disinfected (i.e., books, papers) must be placed in a container and sealed for at least 7 days .
	OLCN Health Centre and the OLCN Pandemic Team will be notified, and they will contact the staff member/parents with further instruction
	Refer to Covid-19 Guidance for Schools flowchart (Appendix D)
	All communication regarding Covid cases will come from the Director of Education or their designate

Commented [A15]: Check with Shannon Imhoff if these measures are still necessary

Commented [A16]: Check with Shannon Imhoff if these measures are still necessary

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HOME-STUDY AND HOME SCHOOLING

Home-study and home-schooling are still options for the 2021/2022 school year. Both are intensive processes that will require the full attention of the parent/caregiver. Each option is explained below:

Home-study is an arrangement made with the school in which the student still has an assigned teacher. The teacher will create lesson plans and materials, and will work with parents on how to deliver the curriculum. The teacher will create and mark assignments, give grades, test the student, do assessments, etc. Home-study students will have the opportunity to interact with their teachers every Friday. **Students are required to complete assignments in order to be promoted to the next grade level. If assignments are not handed in, the parents will be contacted.**

Home-study will focus mainly on Otaskanesiwin (Treaty, Cree language, and tradition), numeracy, and literacy. Home-study packages will include instructions to help parents teach their child. Home-study students will have the option of online learning or physical packages that may be picked up from their school. Each grade level will have its own time-requirements. Each school will communicate to parents what those requirements are. The teacher will be available through phone or email if parents need any assistance regarding home-study. Any parent or caregiver who wishes to arrange for home-study may contact their child's school.

Home-schooling is an arrangement where the parent or caregiver is the teacher. The parent/caregiver will create lesson plans and curriculum, teach the student, test them, etc. Year plans must be submitted to the Superintendents by Friday, September 17, 2021.

Any parent or caregiver who wishes to homeschool their child may contact Pauline Muskego or Delia Harper at Kihew Waciston, 306-344-2525.

SPECIAL SUPPORTS***Mental Health***

Our guidance counsellors will offer mental health support for all staff and students. We will also work with Onion Lake Wellness to provide the best mental health supports possible.

OTHER SUPPORTS

The Speech and Language and Occupational Therapy supports previously offered by OLCN Education will still be available. These programs may be modified to adhere to the new safety and social distancing standards. Call Crystal Tobler at Kihew Waciston for more info: 306-344-2525

Appendix A: Message from Leadership

Commented [A18]: Update message from leadership



**Onion Lake
Cree Nation**
TREATY NO.6 TERRITORY

To Parents/Guardians/OLCN Members,

August 21, 2020

OLCN Chief and Council and OLCN Education, with the expertise and input from the Elder's Council, OLCN Health, and the OLCN Pandemic Team, have made the decision to delay school re-opening until further notice. We also gathered input from the community with a survey, and from a meeting held on August 19, 2020 at the Arena. After careful consideration, we feel that this is the best decision to ensure the safety of our students, staff, and community.

A School Re-Opening Plan was developed that took into account the best practices and plans from across the country. A delayed start will allow our staff and teachers the time needed to implement all of these changes. It will also give us the opportunity to assess the situation in other communities and see how the COVID-19 virus spreads upon the re-opening of other schools. All OLCN Education teachers and staff will return to work on Monday, August 24, 2020 to prepare for the upcoming changes. Land-Based learning and camps will be the focus for now. More information regarding Land-Based learning is forthcoming. We will meet once again in the coming weeks to determine whether schools will re-open.

OLCN Daycare will open for children on August 24, 2020. For more information on Daycare re-opening and the new safety measures that will be in place, contact Marilyn Carter at (306) 344-2720.

The survey will remain open should anyone wish to include their input (links to the survey are available on community Facebook pages). The School Re-Opening Plan will also be updated and released within the coming weeks.

If you have any questions or concerns, please contact Fred Dillon, Education Director, at 306 344 2525

Thank you,

Okimaw (Chief) Henry Lewis, B.Ed., M.Ed.
Onion Lake Cree Nation
Wicekaskosiw Sakahikan Nehiyaw Askiy

Appendix B: Screening Questionnaire

Commented [A19]: Update questionnaire, ask pandemic team if they have one, or maybe use Alberta's?

Screening Questionnaire

PARENTS/GUARDIANS/STUDENTS MUST USE THIS QUESTIONNAIRE DAILY TO DECIDE IF THE STUDENT SHOULD ATTEND SCHOOL

1.	Do you, or your child attending the program, have any of the below symptoms:	CIRCLE ONE	
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (Pink Eye)	YES	NO
2.	Has the person attending the activity/facility travelled outside of Canada in the last 14 days?	YES	NO
3.	Have you/your child had close unprotected* contact (face-to-face contact within 2 meters/6 feet) with someone who has travelled outside of Canada in the last 14 days and who is also ill**?	YES	NO
4.	Have you/your child attending the school/program/activity had close unprotected* contact (face-to-face contact within 2 meters/6 feet) in the last 14 days with someone who is ill**?	YES	NO
5.	Have you/your child or anyone in your household been in close <u>unprotected</u> contact in the last 14 days with someone who is being investigated or confirmed to be a case of COVID-19?	YES	NO

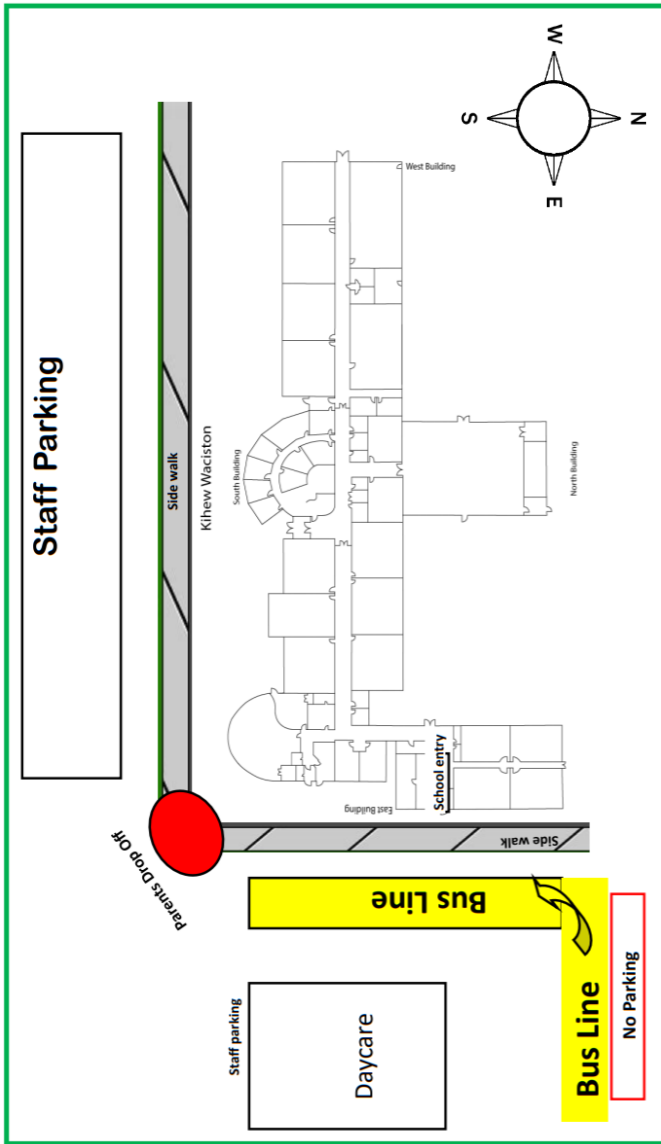
* "unprotected" means close contact without appropriate personal protective equipment (PPE).

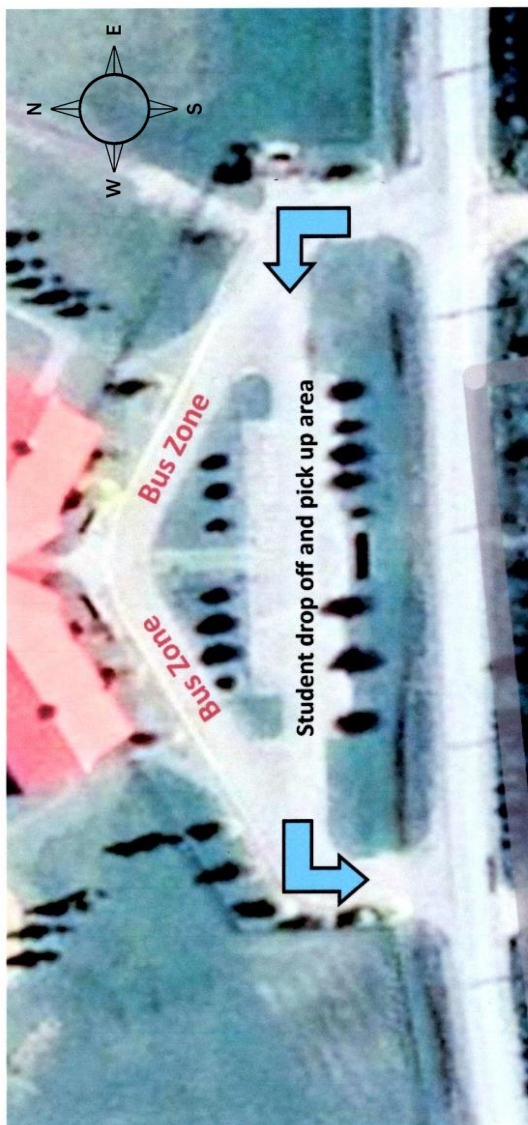
- If you have answered "Yes" to any of the above questions, please **DO NOT** enter the school at this time.
- The OLCN Health Centre and the OLCN Pandemic Team will be notified, and they will contact the staff member/parents with further instructions.
- If you have answered "No" to all the above questions, you may attend school.

Appendix C: Drop-Off/Pick-Up Location Maps

Kihew Waciston

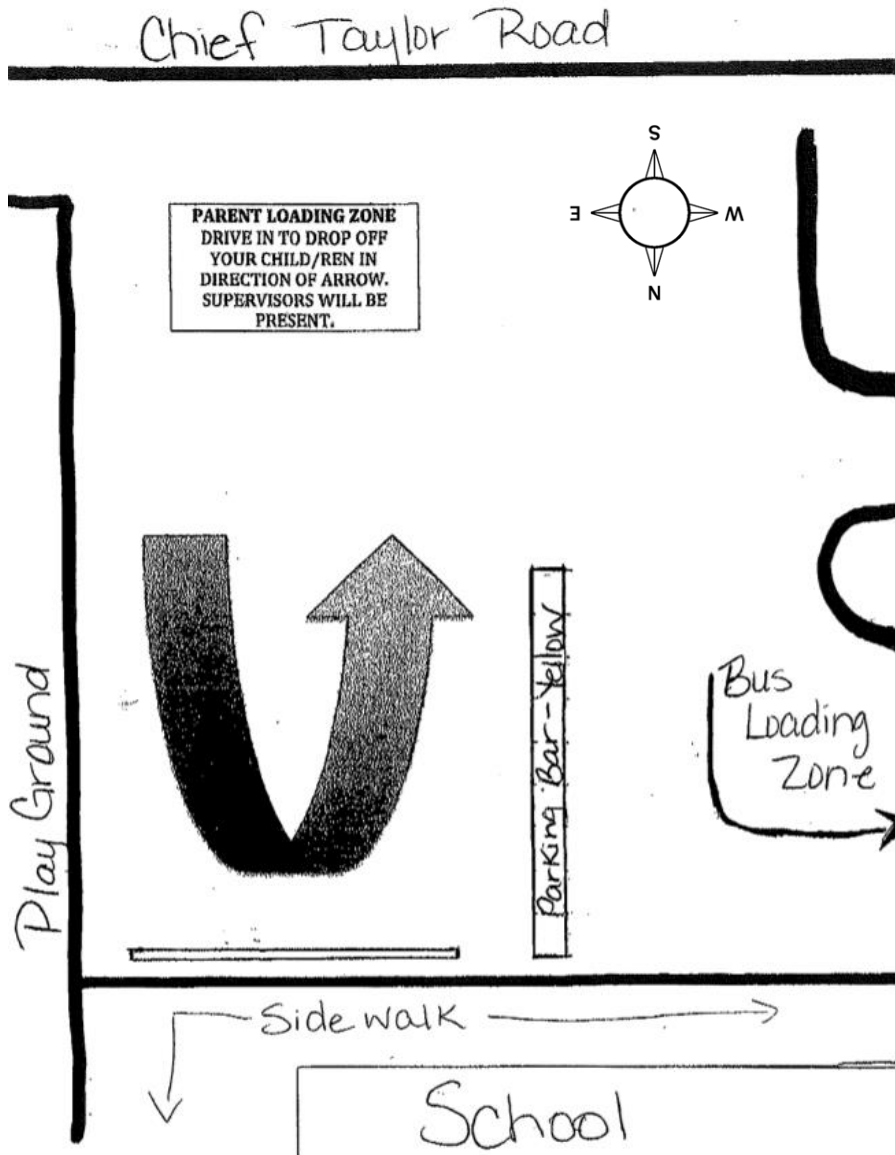
Commented [A20]: Update Maps, enlarge and bold school names. Delia is gathering new maps



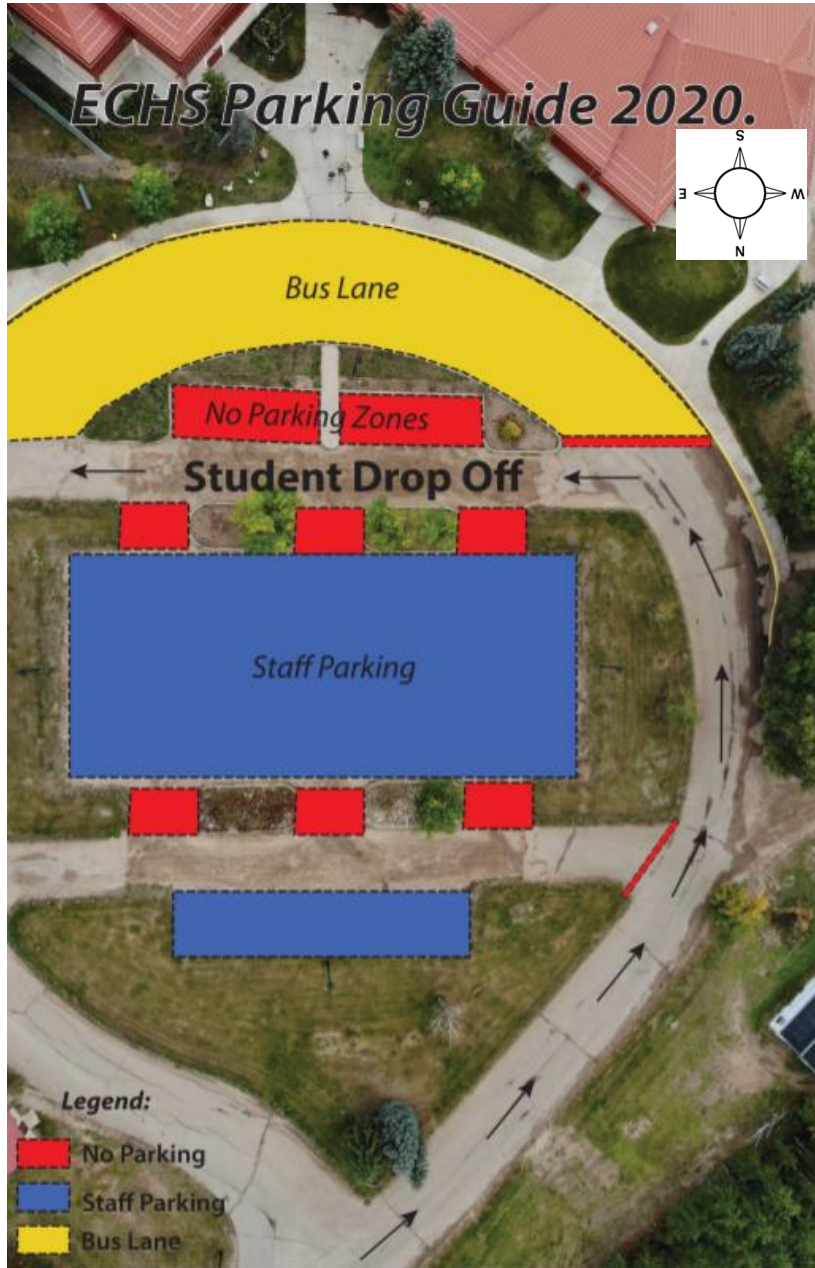


- Bus zone is off limits from 8:30 to 9:30 AM and 2:45 to 3:30 PM daily
- Parents walk their child to the front door and wait for their child's temperature reading
- Parents do not need to enter the school

Chief Taylor

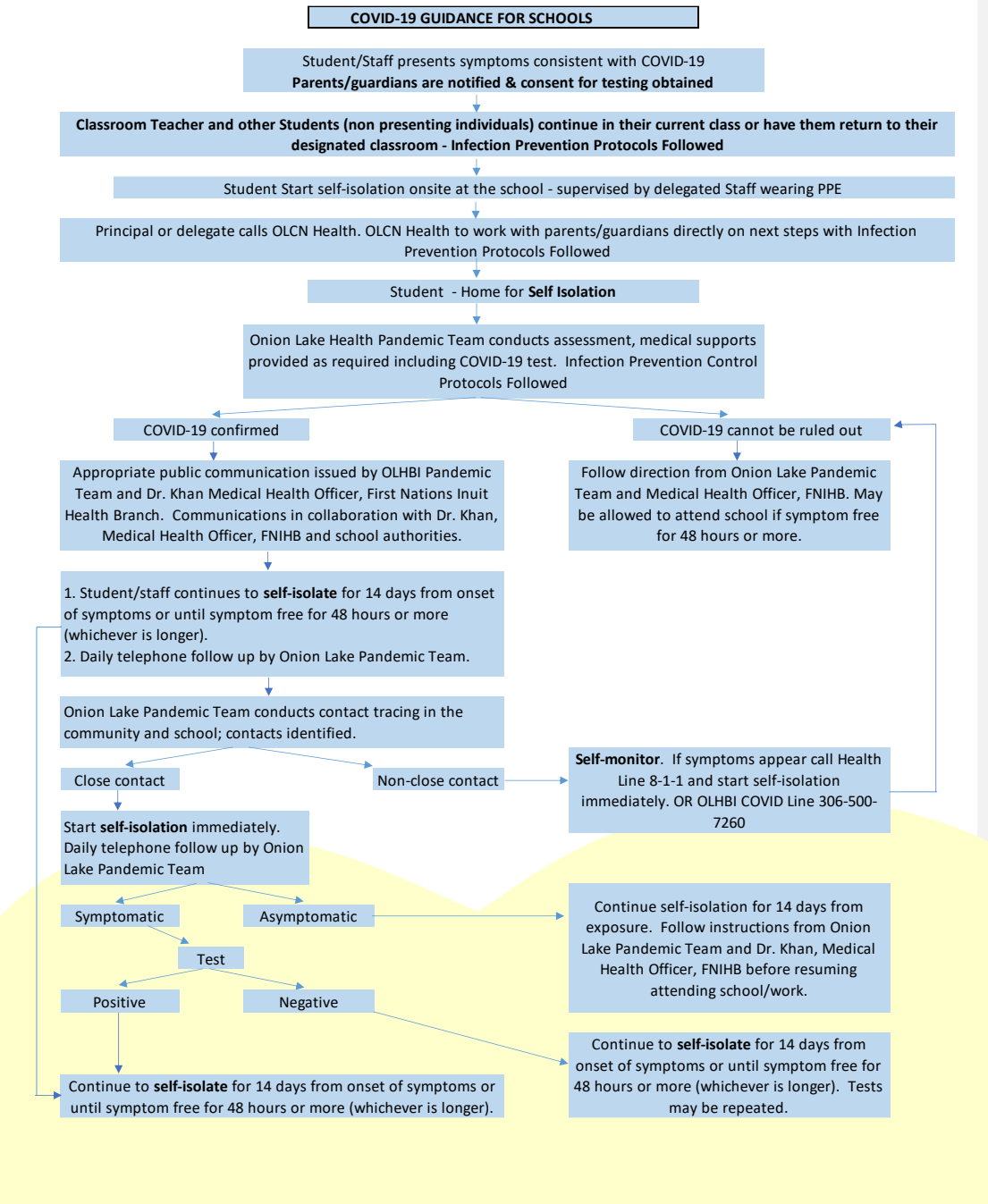


Eagleview



Appendix D: Covid-19 Guidance for Schools Flowchart

Commented [A21]: Update flowchart, ask ISC for update



Note, for contact tracing purposes, a “close contact” is defined by the CDC as “any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated”

SELF-MONITOR means to monitor yourself for 14 days for one or more symptoms of COVID-19, go about your day but avoid crowded places and increase your personal space from others. If you develop symptoms, contact OLCN Health immediately.

SELF-ISOLATE means to stay at home until OLCN Health advises you that you are no longer at risk of infecting others (usually about 14 days). Avoid contact with other people to help prevent the spread of disease in your home and in your community.

Commented [A22]: Update definitions if necessary

Appendix E: Indigenous Services Canada Parent Information Package

Commented [A23]: Get update from ISC



Indigenous Services
Canada

Services aux
Autochtones Canada

Dr. Ibrahim Khan
Medical Health Officer
Indigenous Services Canada
First Nations and Inuit Health Branch
Saskatchewan Region

Alvin Hamilton Building
1783 Hamilton Street
Regina, SK S4P 2B6
Office: (306) 564-9175

September 2, 2020

RE: Parent information Package for students returning to First Nations schools

Dear parents and guardians:

Back-to-school is both an exciting and nervous time for parents, children and teachers. I recognize this year may feel different, but I hope you and your children are excited to return to learning.

This letter includes a parent information package on returning to in-class learning.

The package contains materials to help prepare your children to return to school in the safest way possible. It also explains how parents, students, educators and public health staff will work together to prevent COVID-19. School and public health protocols for **COVID-19 testing, notification and illness in school** and **outbreak declaration** are included.

This package replaces the parent package you may have received that contained information only from the provincial government. The package attached to this letter has updated protocols from Indigenous Services Canada that apply to schools in First Nations communities. (Not sure? See the old package here).

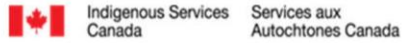
Our intent is to manage the risk of spreading COVID-19 in our schools and these protocols will be helpful. My office will send updates to your community's Health Director and Education Director for distribution if any of these protocols change.

I acknowledge that schools and learning play a special role in the vitality and well-being of Nations, families and communities. While the Province of Saskatchewan's *Safe Schools Plan* formed the backbone of First Nations school re-opening plans in Saskatchewan, each First Nation school has developed a unique plan to serve the needs and values of their community. I encourage you to stay connected to your school to learn more about their specific requirements and protocols as the year develops.

I wish you and your family and your community a productive and rewarding school year.

Kind regards,

Dr. Ibrahim Khan, Medical Health Officer
Indigenous Services Canada, First Nations and Inuit Health Branch
Saskatchewan Region



Information for Parents: COVID-19 Testing Options and Processes

September 2020

Universal Testing

COVID-19 testing is now available to anyone who requests it, regardless of whether they have symptoms or not. A referral for testing can be made by contacting HealthLine 811 or your Community Health Clinic/Community Health Nurse.

Priority Testing

Teachers and school staff now have priority access to testing, before and during the school year. Teachers and school staff wishing to be tested in advance of the start of the school year are encouraged to call HealthLine 811 or the Community Health Clinic/Community Health Nurse for a referral for testing as soon as possible.

Drive-Through Testing Sites

Drive-through testing sites will be opening soon in Saskatoon and Regina and may be another option for testing if your community is located nearby. Testing will be available to anyone in the province. Individuals wishing to use these sites will not require a referral, only a valid health card. The location and opening dates of these sites will be announced in the coming days.

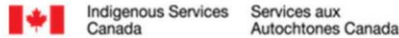
School Immunizations

Work is underway to align voluntary COVID-19 testing with routine school immunizations for students in grade six and grade eight, where feasible. Information on the expansion of the school immunization program will be provided to parents and caregivers once details are finalized.

Testing in Schools

Throughout the school year, voluntary testing may be made available with parental consent. Parents and caregivers will be notified prior to scheduled voluntary testing in their area. Consent forms will be sent to parents and caregivers at that time. Areas where voluntary testing will be prioritized will be based on a number of criteria including:

- communities experiencing a surge in infection rates.



Information for Parents: COVID-19 Notification and Illness in School

September 2020

Students should never go to school if they are sick or if anyone living in the home has tested positive for COVID-19. Everyone in the home must self-isolate for 14 days from the date of last exposure if anyone tests positive.

Parents will be advised if a COVID-19 related risk is identified to the health and safety of students, staff or the local school community. Timely updates will be provided to parents and teachers about any new developments.

If a student, teacher or staff member displays COVID-19 symptoms while at school:

- They will be asked to wear a non-medical mask and self-isolate in a separate room until they are able to go home. A parent/guardian will be notified that their child is ill.
- A COVID-19 test is recommended. Call HealthLine 811 or your Community Health Clinic/Community Health Nurse to arrange testing. If your community is nearby, consider visiting a drive-through testing site in Regina or Saskatoon, where no appointment is required.
- Public health will provide further guidance about when it's possible to return to school.
- All school areas used by the individual will be identified and immediately cleaned and disinfected.

If a student or teacher receives a positive COVID-19 test result:

- If a child, teacher or staff members tests positive for COVID-19, public health will provide assistance and begin the contact tracing process immediately. This process is followed in all identified COVID-19 positive cases and provides guidance on monitoring and isolation to all close contacts. Anyone living in the same home would be considered a close contact. The contact tracing follow-up will identify anyone else who may have been a close contact.
- Teachers, staff and parents/caregivers of students who are considered to be close contacts of a person with COVID-19 will be contacted directly by public health via the contact tracing process.
- All teachers, staff and parents/caregivers of students in the same classroom (cohort) of a person with COVID-19 will be contacted directly by public health and by their school via email. This notification will occur separate from the contact tracing process.

Continued on next page...



- Those teachers, staff and parents/caregivers of students in the same cohort who are considered to be non-close contacts will be advised to self-monitor for symptoms and be offered priority testing options.
- Public Health will advise and consult with First Nation leadership and the MHO in each situation.
- Those teachers, staff and parents/caregivers of students in the school population, outside of the same cohort, can also seek public health advice regarding self-monitoring for symptoms, transmission risk and access to priority testing options at any time by contacting HealthLine 811 or the Community Health Clinic/Community Health Nurse in the community.

Outbreak Declaration:

- If two individuals within a school test positive for COVID-19, an outbreak is declared for that school.
- The declaration of an outbreak does not automatically result in school closure. Like outbreaks in acute care, long-term care, or business settings, an outbreak declaration may be triggered by a low number of cases but is used by public health to mobilize and coordinate a response to the infection.
- With the declaration of an outbreak, all parents of that school will receive notification and the declaration may be released publicly if determined appropriate by the First Nation and the Medical Officer of Health.

Thresholds for change to different learning methods

- In the case of an outbreak, schools may switch to alternate learning (e.g. virtual, home-based) or suspend learning based on a risk assessment and their individual school resumption plans. Decisions will be made by the First Nation in partnership with public health.

Tips for Parents and Caregivers to Help Prepare Their Children to Return to the Classroom



Review how and when kids should wash their hands.



Provide hand sanitizer for times when soap and water aren't available.



Demonstrating physical distancing (and giving kids a reference of what 2 metres is).



Practicing putting on, wearing, and removing non-medical masks.



Modelling these behaviours for their kids inside and outside of the home.

COVID-19: Children and Masks

Wearing a non-medical cloth mask can help reduce the spread of COVID-19, but some children might be scared. Parents and caregivers can help by explaining that a mask can help reduce the spread of germs and by showing children how to properly use a mask.



Wash Your Hands!

Wash with soap and water or use hand sanitizer before putting the mask on, as well as before and after removing the mask.



Use the Loops!

Use the ear loops or ties to put on and remove the mask.
Don't touch the front of the mask.



Cover Your Nose and Chin!

The mask should cover your nose and chin.
Do not take it off to talk to someone.



Wash Your Mask!

Non-medical cloth masks should be washed after every use. A new mask should be used if the mask becomes soiled or wet.

Masks should not be worn by children under the age of 2 or those who cannot remove a mask without help. For these children, emphasize the importance of frequent handwashing and proper coughing or sneezing etiquette.

Commented [A25]: Find guidelines/FAQ/info sheets/infographics. Nothing available from Sask or SHA websites

COVID-19 Frequently Asked Questions

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Travel Guidance (updated March 11,2020)

The risk to Canadian travelers abroad will vary depending on the destination and there are some destinations where the Government of Canada recommends avoiding all travel or all non-essential travel.

All travelers should self-monitor for symptoms of COVID-19 (fever, cough or difficulty breathing) for 14 days after returning to Canada and avoid places where you cannot easily separate yourself from others if you become ill. If you have even mild symptoms, stay home and call HealthLine 811 for advice.

If you have travelled to a country with a [level three travel advisory](#), limit your contact with others for a total of 14 days starting the day you began your journey to Canada. This means self-isolate and stay at home. Contact HealthLine 811 within 24 hours of arriving in Canada for direction.

Q: What is the significance of 14 days?

A: Based on the latest science on COVID-19, the time from exposure to developing symptoms can take up to 14 days. In order to prevent spreading, it is important to take extra precautions during this timeframe such as self-isolation or self-monitoring.

Q. What does it mean to self-isolate?

A. Self-isolation means the patient is considered well enough to not require admission to hospital and can remain in their home. Individuals should not attend work, school, daycare, university, social, sporting or cultural events or religious gatherings. The patient should have the ability to care for their symptoms including being able to drink enough liquids. Refer to the [Self-Isolation Information Sheet](#) at saskatchewan.ca/coronavirus for more information. They should not have visitors to their home and should avoid contact with others that may be living in the same home.

Q: What is the difference between “self-isolate” and “self-monitor”?

A: Self-isolation is a precautionary approach used to reduce the risk of spreading COVID-19 from people that have been in an area of high disease spread or in close contact with a person with COVID-19. These individuals should stay home. Do not attend work, school, daycare, university, social, sporting or cultural events or religious gatherings. These individuals may not have any symptoms or they may have mild symptoms that can be managed at home. If symptoms develop or worsen, call HealthLine 811 for assessment and direction.

Self-monitoring means watching closely for symptoms in yourself or your dependents including taking your temperature twice daily. You do not have restrictions on attending work or school but should avoid crowded public spaces and vulnerable people (those with weakened immune systems or individuals over 65 years of age). You should have a plan on how to quickly self-isolate if you develop fever, cough, or difficulty breathing when not at home.

When there are no symptoms, continue with your daily activities like attending school or work. At the first sign of symptoms such as increase in body temperature or development of a cough or sore throat or shortness of breath, you should self-isolate and call HealthLine 811 for assessment and direction.

Q: If someone has completed their self-isolation of 14 days, is there still a risk of them having COVID-19?

A: Based on the latest science on COVID-19, the time from exposure to developing symptoms can take up to 14 days. If the person has not developed symptoms over this time, the risk of their having COVID-19 is low and they can return to work or school.

However, if the person has had another exposure during the initial 14 day period (for example from a family member that became ill), the self-isolation must extend for 14 days from the last exposure.

If the person has developed symptoms (fever, cough, or shortness of breath) during the period of self-isolation, they should contact Healthline 811 for guidance.

General Information

Q: What is 2019-Novel Coronavirus (COVID-19)?

A: Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). Some cause illness in people, while others circulate among animals. Some coronaviruses transmit easily from person to person while others do not.

COVID-19 is a new virus that has not been previously identified. At present it is causing mild to moderately severe symptoms and some deaths. The virus spreads through close person-to-person contact. As with new viruses, further details will be available as we learn more.

Q: What are the symptoms? How would I know if I have this illness?

A: Common symptoms are fever and respiratory symptoms such as cough, shortness of breath, or breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people and/or those with chronic illnesses such as diabetes, cardiac, respiratory, or immunocompromised patients, may be at higher risk for a more severe form of the disease.

Q: Is there a vaccine that protects against COVID-19?

A: Currently, there is no approved vaccine that protects against coronaviruses, including COVID-19.

Q: How is COVID-19 treated?

A: Like most respiratory illnesses, most people with COVID-19 illness will recover on their own. There is no specific treatment for disease caused by COVID-19. Severe or worsening symptoms may require supportive treatment in hospital.

Q: Can the infection spread easily?

A: The infection transmits via coughing and sneezing (droplet transmission) within two metres. It can also be spread by touching surfaces with the virus on it and then touching your mouth, nose or eyes before washing your hands. While it is not yet known exactly how long COVID-19 lives on surfaces, preliminary evidence suggests it can live on objects and surfaces from a few hours to several days. Therefore, isolation at home or hospital is important to prevent transmission.

Protecting Yourself

Q: How do I protect myself against COVID-19?

A: Currently, there is no approved vaccine that protects against coronaviruses in humans.

As a respiratory illness, the best method to protect yourself against COVID-19 is to practice everyday preventive actions, including:

- Practice proper cough and sneezing etiquette (into the bend of your elbow);
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose and mouth with unwashed hands;
- Maintain safe food practices; and
- Avoid close contact with people who are sick.
- Avoid unnecessary [travel to affected areas](#).
- Avoid large crowds and practice social distancing (do not shake hands, hug or kiss)

Q: Should I wear a surgical mask to protect myself from COVID-19?

A: There is no evidence that surgical masks protect people who are not sick. The World Health Organization does not recommend the use of any masks if you do not have a travel history and respiratory symptoms.

If you have respiratory symptoms such as cough or difficulty breathing or fever and a relevant travel history, you should wear a surgical/procedure mask when seeking medical care at a health facility. If you are going to a healthcare facility for treatment of your respiratory illness and do not have a mask, ask for one at the admission desk and one will be provided to you.

Q: Should I wear masks to protect myself as a caregiver in the home?

A: If HealthLine, public health officials or your healthcare provider have advised you to self-isolate, you may be cared for at home.

If you are providing care to someone with suspected or confirmed COVID-19 at home, it's recommended to keep distant from an affected individual as much as possible. Hand hygiene should be performed frequently, preferably using soap and water or an alcohol-based hand rub. Wear a surgical mask when in the same room with the affected individual and dispose of the mask immediately after use. Hand hygiene should also be performed following removal of the mask. Eye protection is also recommended.

At the Workplace and School**Q: Our workplace/school has people who have travelled to an affected area. Should they stay home until they know they do not have COVID-19?**

A: All travelers should self-monitor for symptoms of COVID-19 (fever, cough or difficulty breathing) for 14 days after returning to Canada and avoid places where you cannot easily separate yourself from others if you become ill. If you have even mild symptoms, stay home and call HealthLine 811 for advice.

If you have travelled to a country with a [level three travel advisory](#), limit your contact with others for a total of 14 days starting the day you began your journey to Canada.

This means self-isolate and stay at home. Contact HealthLine 811 within 24 hours of arriving in Canada for direction.

If you have been in close contact with someone who is ill with COVID-19, you should self-isolate for 14 days from your last contact and actively monitor for symptoms.

If you do not have a travel history to/from an affected area and do not have symptoms of a cough or fever, you can go to work or to school.

Q. How do I self-isolate in situations of shared living (eg. family homes, university dorms, apartments, etc)?

A: If a person with symptoms is self-isolating in shared living accommodations such as a dorm room at a university, they should be temporarily accommodated elsewhere or have roommates and family members temporarily relocate. In cases where there may be several people with symptoms awaiting test results, they may co-locate until results are confirmed. Refer to [Self-Isolation Information Sheet](#) and [Infection Control Tips](#) at saskatchewan.ca/coronavirus for more information.

If an ill person is sharing accommodations with someone who might be vulnerable to infection – those with suppressed immune systems or chronic illness, pregnant women, infants, and adults over 65 - relocation is advised to reduce the risk of severe illness for the vulnerable person.

More advice is available at: <https://www.gov.uk/government/publications/wuhan-novel-coronavirus-self-isolation-for-patients-undergoing-testing/guidance-for-nhs-clinicians-on-home-isolation-of-a-patient-whilst-being-tested-for-wuhan-novel-coronavirus>

Q: I am worried about a coworker who has recently travelled and I want to work from another location. Can my manager approve that?

A: If you are concerned that someone in your workplace has travelled recently, speak with your manager. All travelers are asked to follow the best public health advice from the [Public Health Agency of Canada](#).

Q: When would public health recommend a business close to prevent the transmission of COVID-19?

A: With overall risk to Canadian low, business closure due to COVID-19 is not recommended. All employees should use best practices to prevent transmission including washing their hands, practicing good cough and sneeze hygiene, and staying home when they are sick.

Q: Are there special steps my daycare or school can take to prevent the spread of COVID-19?

A: COVID-19 is a respiratory illness and is transmitted the in same fashion as influenza. Administrators, teachers, caregivers, parents and students should take the same precautions they do to prevent the spread of influenza in the classroom. Practice good cough/sneeze etiquette (into your elbow or tissue and immediately throw the tissue away), wash hands frequently and immediately after using tissues, and ensure regular environmental cleaning of the facility, particularly high-touch surfaces like doorknobs and faucet handles. Individuals who are sick should stay home.

Q: I have a child in my class or daycare that has developed a fever and shortness of breath. What do I do?

A: If you see symptoms of respiratory illness in a child (fever, coughing, shortness of breath), place that child in a separate space or a two metre distance from other children until their parent or caregiver can come for them. Provide them with tissues to support good cough and sneeze etiquette and remind them to maintain good hand hygiene. After they have been picked up, use a disinfectant cleanser for the surfaces they have contacted.

Its important that a parent or caregiver can pick up the child and that they not take the bus or other mass transit while they are symptomatic. If there is no option except for that child to take the bus, advise the bus driver to try to maintain a two metre distance between them and other passengers for the best protection.

Q: When would a school be closed due to COVID-19?

A: There is currently no widespread transmission of COVID-19 in Canada. At this time, school closures are not recommended for the prevention of COVID-19 transmission. The Public Health Agency of Canada recommends that schools take standard respiratory illness precautions – the same precautions that are recommended every year for cold and influenza season.

As the science and risk situation evolve, public health officials will update this advice.

Risk in Saskatchewan**Q: Why is the overall risk to Canadians low?**

A: At this time, the Public Health Agency of Canada has assessed the public health risk associated with COVID-19 as low for the general population but this could change quickly. There is an increased risk of more severe outcomes for Canadians 65 and over, those with compromised immune systems or underlying medical conditions.

Public health officials continue to reassess the national and provincial public health risk, based on the best available evidence as the situation evolves.

Q: What happens if there is a confirmed case of the virus in Saskatchewan?

A: We are anticipating that there will be confirmed cases in Saskatchewan and the public will be notified. Public health efforts will continue to focus on limiting the spread through education and contact tracing. COVID-19 is a respiratory illness, and there are best practices for individuals and health care providers to protect against the spread of respiratory illnesses.

Q: What is Canada doing to prevent further spread into our country?

A: The Public Health Agency of Canada has measures in place at several Canadian international airports to help identify any travelers returning to Canada who may be ill and to raise awareness among travelers about when they should self-isolate and who to call when they arrive at their final destination.

Q. Should I be concerned with packages or goods arriving from China or an affected area?

A: At present there is no concern with goods arriving from China or any of the affected areas.

Q. Where can I find more information?

A: Saskatchewan has a dedicated page to keep members of the public informed. Visit www.saskatchewan.ca/coronavirus. Updated information will be posted as it becomes available.