

COVID-19

Student caregiver toolkit

Last updated December 14, 2020

Student caregiver toolkit

Important information

If your child has been asked to stay home from school due to COVID-19 precautions or self-isolation, here are resources to help you care for them and your household during this period.

- 1.1** COVID-19 Information sheet for a student with symptoms
- 2.1** COVID-19 Return to school protocol for staff/students with symptoms
- 3.1** COVID-19 How to self-isolate

Information sheet for a student with symptoms

Dear Parent/Guardian,

On _____, _____ reported or showed signs of symptoms. These symptoms may be caused by COVID-19.

Student reported or showed signs of:

COVID-19 symptoms	
<input type="checkbox"/> Fever and/or chills (=or>37.8 degrees C)	<input type="checkbox"/> Sore throat or difficulty swallowing
<input type="checkbox"/> New or worsening cough or barking cough (croup)	<input type="checkbox"/> Stuffy nose and/or runny nose
<input type="checkbox"/> Shortness of breath/difficulty breathing	<input type="checkbox"/> Unusual or long-lasting headache
<input type="checkbox"/> Decrease or loss of smell or taste	<input type="checkbox"/> Nausea, vomiting and/or diarrhea
	<input type="checkbox"/> Extreme tiredness that is unusual or muscle aches

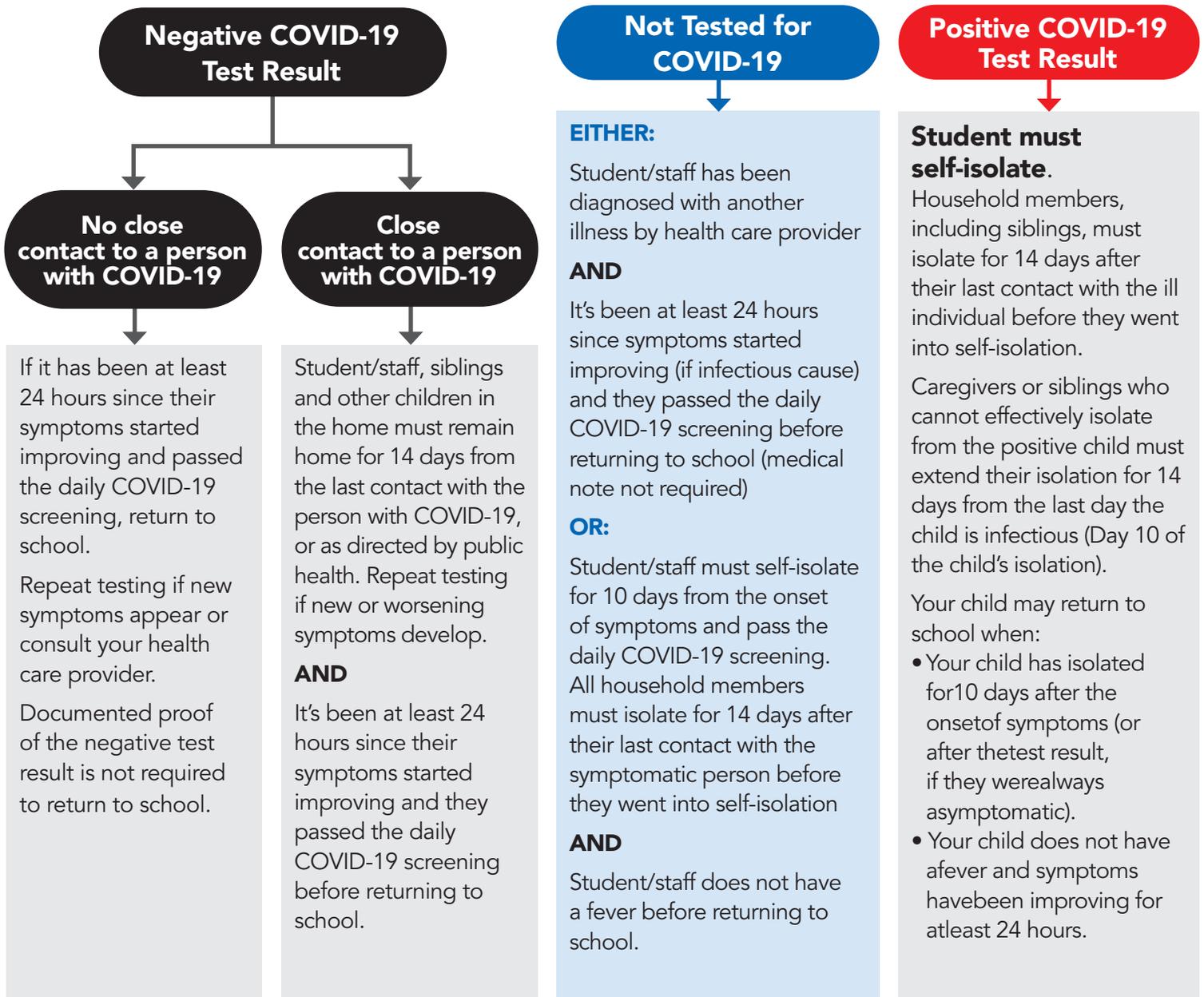
What are the next steps?

If **any symptom(s)** in the above table were reported:

- Your child should stay home and isolate immediately, and not leave except to get tested or for a medical emergency. You should arrange for your child to be tested for COVID-19.
- Or, if you believe these symptoms to be due to another illness (i.e. pre-existing medical condition), you must see your health care provider for an assessment of their symptoms. If your health care provider cannot rule out COVID-19, your child should be tested. There are testing locations in Brampton and Mississauga. Please check the [Peel Public Health website](#) for one close to you.
- If visiting your health care provider, ensure you call their office **before** visiting to let them know that your child has symptoms consistent with COVID-19.
- While awaiting test results, your child should self-isolate at home by avoiding contact with others (including household members) as much as possible. **Other household members, such as siblings, are not to attend school in-person while awaiting your child's test results.** To keep everyone safe, the entire household must stay home until results are known. If there is a health care worker in the household, they should speak to their occupational health department about return to work.
- If you have questions, call your health care provider or Telehealth Ontario (1-866-797-0000).

Return to School Protocol for Students/Staff with Symptoms

Once a student/staff displays COVID-19 symptoms, they should get tested or consult their health care provider. If a symptomatic student is tested for COVID-19 and are awaiting results, they and any household members* must self-isolate and cannot attend school in-person.



The information in this document is current as of December 6, 2020

*Household members who are health care workers may have the option in some circumstances to [work self-isolate](#).

If you need more information you can go to Peel Public Health's School website at peelregion.ca/coronavirus/school-reopening or call **905-799-7700**.

How to self-isolate

Follow the advice that you have received from your health care provider.

If you have questions, or you start to feel worse, contact your health care provider, Telehealth (1-866-797-0000) or Peel Public Health at 905-799-7700.

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.



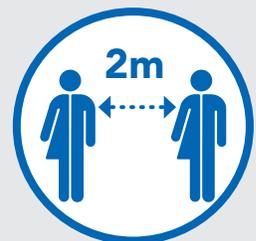
Avoid contact with others

- No visitors unless essential (e.g., care providers).
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g. open windows).
- If these steps are not possible, keep a distance of at least two metres from others at all times.



Keep a distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands. Lining wastebaskets with a plastic bag makes waste disposal easier and safer.
- Clean your hands after emptying wastebaskets.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two metres of other people, or stay in a separate room.
- If you do not have a mask, maintain two meters distance from people and cover your cough and sneezes.



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For more information visit peelregion.ca/coronavirus

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