

Top 10 COVID-19 Basic Rules for Safe Schools



- 1. The best way to protect schools and support a successful school reopening is to keep COVID-19 out of our communities.** Now, more than ever, we need to recommit to COVID-19 prevention. Follow the guidance set out by your local health unit.
- 2. Make COVID-19 symptom screening part of your daily routine.** Just like brushing your teeth, checking for COVID-19 symptoms using a COVID-19 self-assessment tool (e.g. <https://covid-19.ontario.ca/school-screening/>), is an essential part of your morning routine.
- 3. Got symptoms? Stay home!** Now is not the time to "tough it out" when you are under the weather. No one will thank you for showing up to school sick. When in doubt, wait it out - and let your school know!
- 4. Have a "plan B".** Things can change quickly with COVID-19. You know your "plan A". Have a back-up plan so you can deal with unexpected changes caused by COVID-19 at school. Be prepared to stay home or shift from in school learning to distance learning, or a combination of both.
- 5. Talk to each other.** Discuss and role play different age-appropriate scenarios to support kids in learning how to handle them safely. Examples include; situations in the school or classroom related to masks, distancing, touchless greetings, handwashing, and getting to and from school.
- 6. Stay informed.** School boards and public health units post valuable information on their websites and on social media. It's also available by phone. School boards are required to post COVID-19 case information and share any real-time impacts on their schools, such as class dismissals or school closures.
- 7. Be prepared.** This year back-to-school supplies continue to include non-medical masks. Follow your school's policies on what to bring and what they will supply.
- 8. Get involved.** Get Vaccinated! As we begin a new school year, we will face unknowns and unexpected situations. Be solution oriented and encourage friends and family to get vaccinated. Share your observations and your suggestions with your school.
- 9. Take care of yourself.** It's ok to not be ok. You may feel alone as a student or someone who cares for a student. Unsettling feelings at school re-entry are very normal. You are never as alone as you feel. Know that help is available - reach out for support when you need it.
- 10. Be COVID kind. Practice kindness, patience, and gratitude-we are all in this together.**