



OLCN EDUCATION RETURN TO SCHOOL PLAN

Information for the Community

September 2021

Table of Contents

Introduction.....	2
Overview: Scenario 1.....	3
: Scenario 2.....	3
Safety Measures: Hygiene.....	4
: Masks.....	4
: Cleaning.....	5
: Social Distancing.....	5-6
: Transportation.....	6
: Covid-19 Specific Measures.....	6-7
Home Study.....	7
Home Schooling/ Special Supports.....	8
Appendix A: Message from Health/ Pandemic Team	9-10
Appendix B: Screening Questionnaire.....	11
Appendix C: Drop-off/Pick-up Location Maps.....	12-16
Appendix D: What Happens if a Student/Staff Member has Symptoms?.....	17
: Guidance from OLCN Health and Pandemic Team.....	18
Appendix E: Additional Resources.....	19-26

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 D (What Happens if a Student/Staff Member has Symptoms?) and E (Additional Resources)

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

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**

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.**

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 (p. 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.

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.
	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

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

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
	Extracurricular 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
	Buses 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)

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. Eagleview School has the only QR reader for the screening sheet at this time.
	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 72 hours
	OLCN Health Centre and the OLCN Pandemic Team will be notified, and they will contact the staff member/parents with further instruction
	Refer to Appendix D: What Happens if a Student/Staff Member has Symptoms?
	All communication regarding Covid cases will come from the Director of Education or their designate

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 Otaskanēsiwin (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 Health/Pandemic Team

Dear Parent/Guardian,

As per Saskatchewan Communicable Disease Manual any students/staff in these above classes/activities who are **unvaccinated** or **not fully vaccinated** are considered close contacts and are asked to **self-isolate up to 14 days**, and to seek testing. If negative, the test should be repeated 10 days later. **Students who must self-isolate are asked to contact the school to report the absence, and reach out to their teacher regarding a remote learning plan.**

Self-monitor means:

Paying attention to your health so you can identify signs of sickness. It means that you pay attention to new symptoms and daily temperature checks. It is an important way of preventing Covid-19 from spreading.

Any individuals who are experiencing symptoms or develop symptoms consistent with COVID19 are asked to isolate and seek testing by calling the Covid line at **306 500 7260**, your physician or nurse practitioner. You may develop symptoms from two to 14 days following exposure to the virus that causes COVID-19.

It is important to note the following:

- COVID-19 is transmitted through coughing and sneezing (aerosol and droplet transmission), and by
- touching surfaces with the virus on it and then touching your mouth, nose or eyes before washing your hands.
- Signs and Symptoms:
- fever, cough, headache, muscle and/or joint aches and pains, sore throat, chills, runny nose, nasal congestion, conjunctivitis, dizziness, fatigue, nausea/vomiting, diarrhea, loss of appetite (difficulty feeding for children), loss of sense of taste or smell,
- shortness of breath, difficulty breathing. Stay home if you have symptoms and monitor yourself.

Self-isolation means:

- Staying at home to prevent the spread of infection.
- No visitors to your home.
- Canceling all appointments.
- Staying in one room or area of the home by yourself and using a washroom that is not used by others.

- If you have to use the same washroom as other people, the washroom should be disinfected between users. Do not store personal items in the shared washroom while you are isolating (e.g.: towels, toothbrush, etc.) and close the toilet seat before flushing
- Avoid using the kitchen; instead, have someone leave food for you by your bedroom door.
- 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.
- It is OK to be outside on your own property, including your backyard or balcony, as long as you are not physically interacting or near other people.
- Make sure to put on a mask and sanitize your hands before walking through common areas of your home.

We will continue to provide additional information to parents/guardians as it is available. For further information regarding COVID-19, please call Health Line at 811, and/or visit the Saskatchewan Ministry of Health website at www.saskatchewan.ca/covid19.

Appendix B: Screening Questionnaire

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).

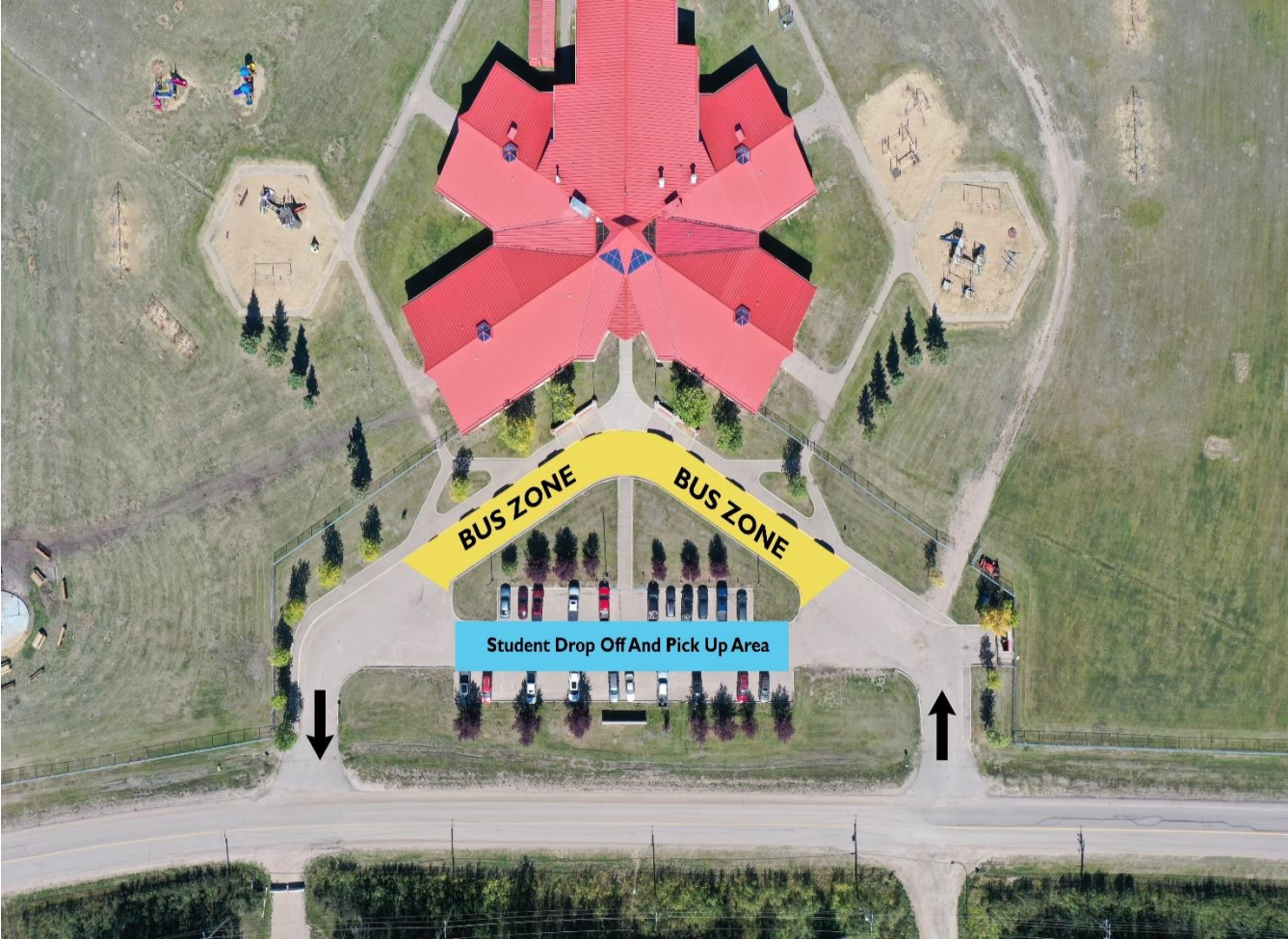
- If you have answered "**Yes**" to any of the above questions, please **DO NOT** enter the school at this time.
- The OLCN Health Centre and the OLCN Pandemic Team will be notified, and they will contact the staff member/parents with further instructions.
- If you have answered "**No**" to all the above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

Appendix C: Drop-off/Pick-up Location Maps

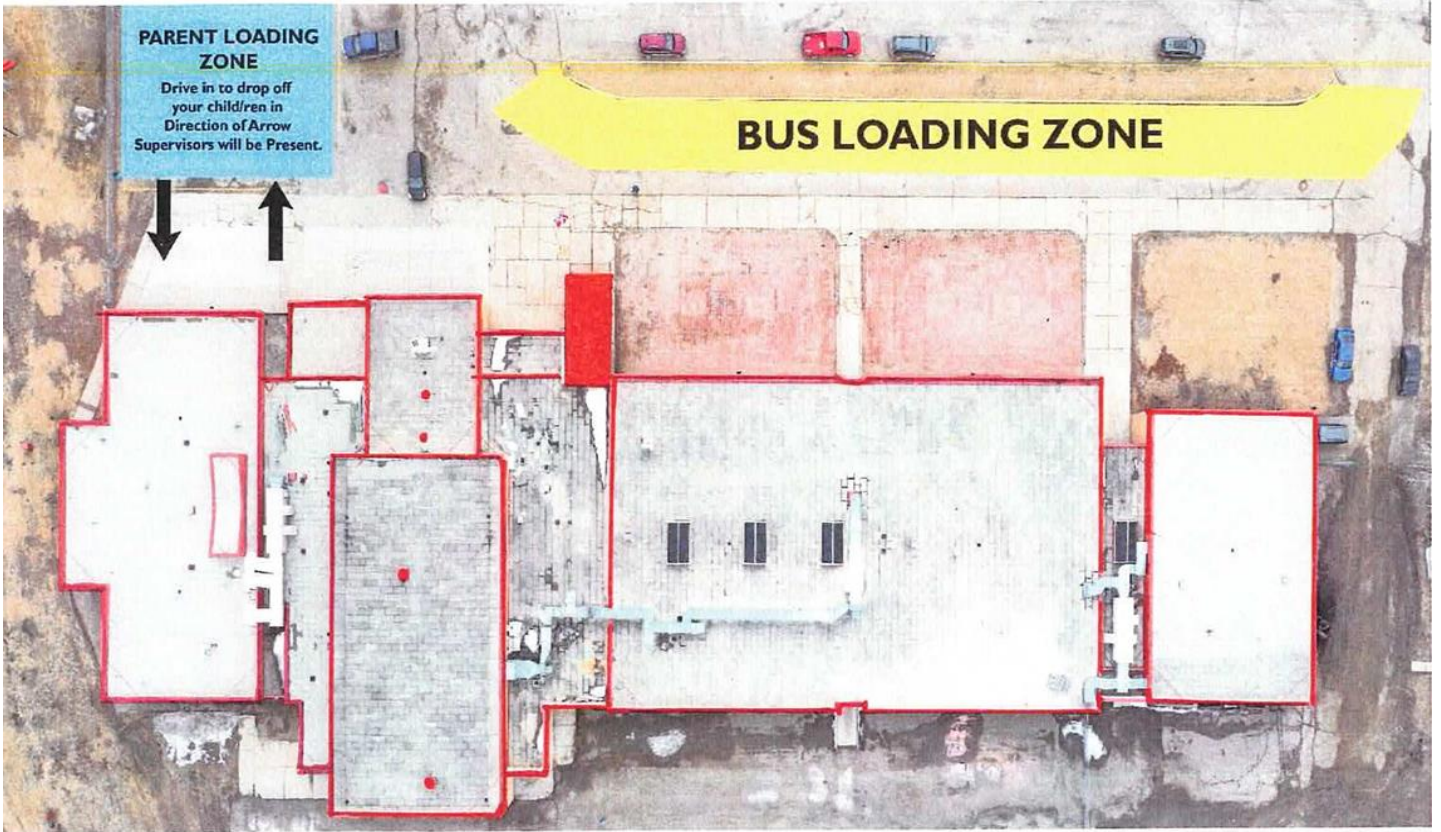
Kihēw Waciston



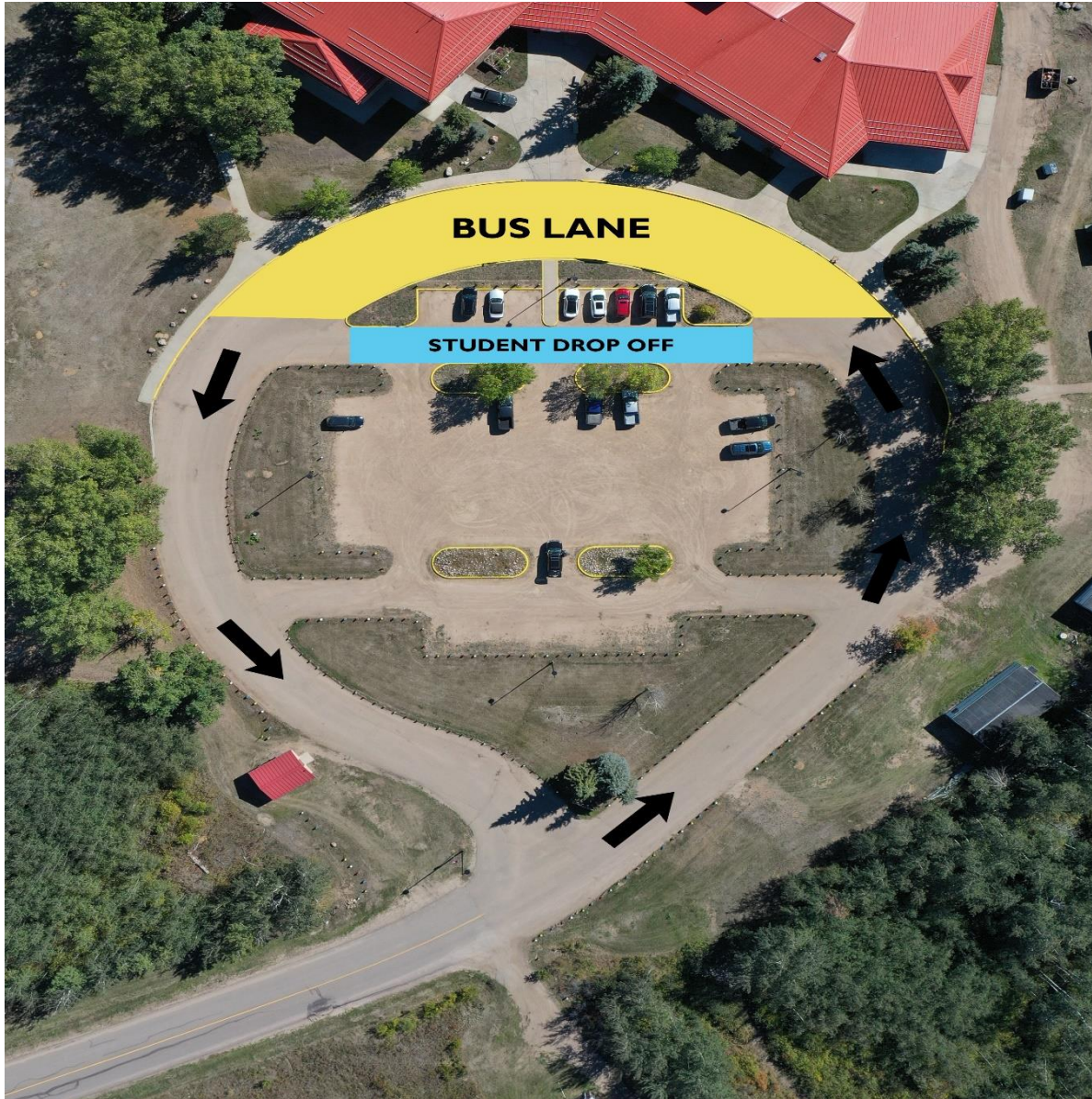
Pēwāsēnākwan



Chief Taylor



Eagleview



Sakâskohc



Appendix D: What Happens if a Student/Staff Member has Symptoms?

*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.

1

Parents/guardians are notified & consent for testing obtained

2

Teacher and other students continue with their day until instructed otherwise

3

Student begins self-isolation onsite at the school - supervised by delegated staff

4

Principal or delegate calls OLCN Health. OLCN Health to work with parents/guardians directly on next steps

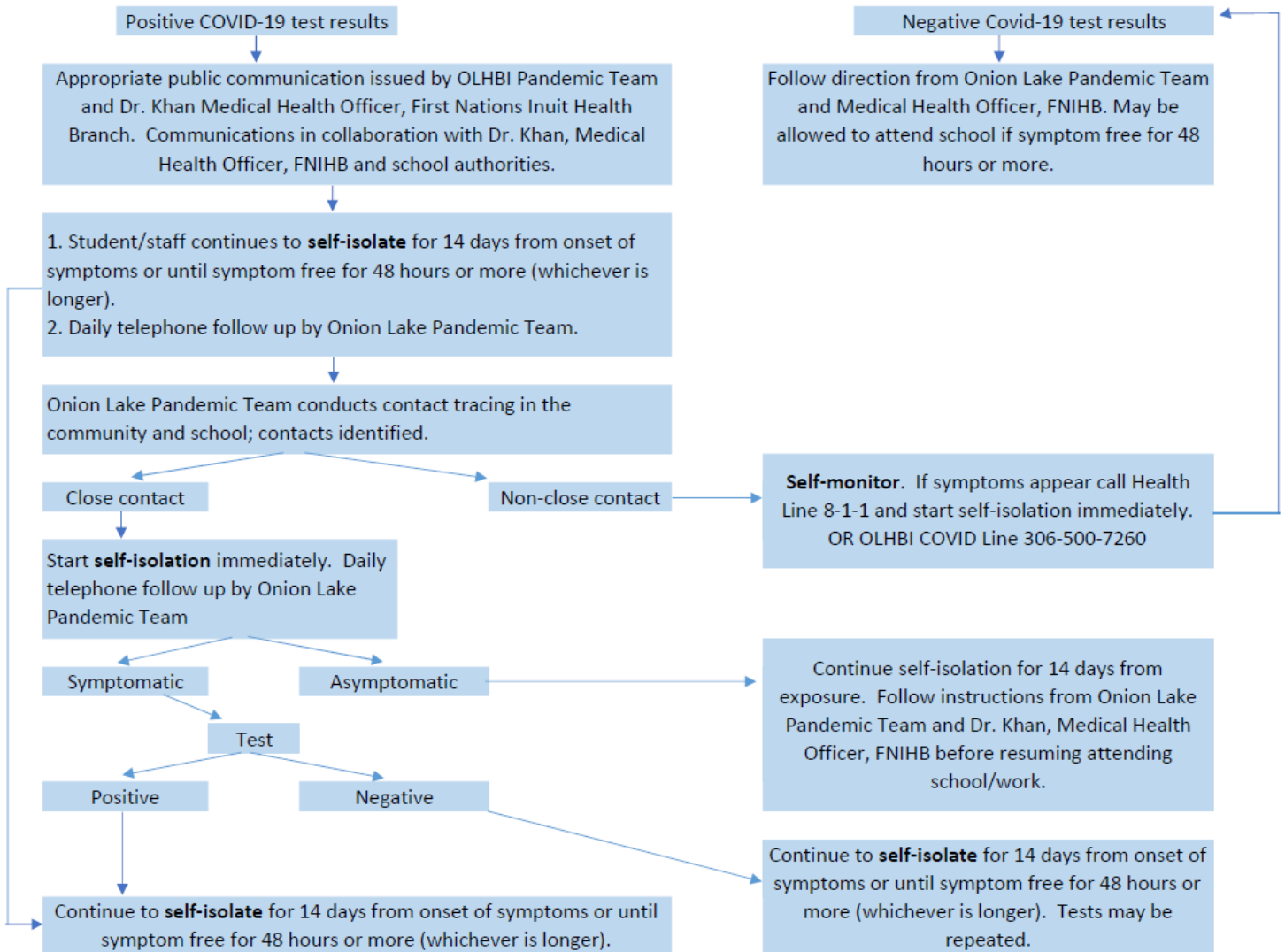
5

Student goes home for **Self Isolation**

6

OLCN Health Pandemic Team conducts assessment, medical supports are provided as required, including a COVID-19 test

Guidance from OLCN Health and Pandemic Team



Appendix E: Additional Resources

Parenting during COVID-19



Parents, caregivers and children across the country may face ongoing challenges as the pandemic continues to affect their daily work and home routines. Provincial and territorial governments have developed reopening plans with specific advice on schools, daycares and workplaces. It's important that parents and caregivers become familiar with these plans to prepare for the year ahead.

The ideas and tips below can help parents and caregivers adjust to the current situation.

Support and engage with your children

- › Create opportunities for quality one-on-one time with each child, whenever possible. One-on-one time makes children feel loved and secure, and shows them that they are important.
- › Help your child stay connected with their friends, neighbours and extended family members through email, phone calls, video chats and social media platforms. This can be a reassuring way for them to interact with people they love. Make sure to follow your provincial or territorial government guidelines if you're considering social gatherings.
- › Create a flexible but consistent daily routine, and involve your children! Asking for their input and allowing them to make decisions helps build their self-confidence. Set up a schedule that includes structured activities, physical activity, as well as free time. This can help children feel more secure.
- › Play and engage with your children. It helps them to learn, express their feelings and build their self-confidence. Spend time with your children by taking part in their preferred activities. If you are not in quarantine (self-isolation) or isolation, get fresh air while keeping a distance of least 2 metres from other people.

Be kind, calm and patient with your children's behaviours

- › Listen to your child's concerns. Acknowledge and validate their thoughts and feelings. Be honest, open and supportive. Provide clear, factual information in a reassuring and age-appropriate way. Ask them how they are feeling. Let them know you are there for them.
- › Encourage positive behaviours. Children are much more likely to do what is asked if they are given positive instructions and praise for their efforts.
- › Be a positive role model. Model healthy and positive behaviours as children learn almost everything by watching what other people do.
- › Take steps to calm down before you react. Children may respond to stress and anxiety by acting out. They need you the most when they are misbehaving.
 - Before you respond, take three deep breaths or count to ten. Staying calm helps you stay in charge of the situation.
 - If you can safely leave your child, take a step back from the situation to calm down, and reassure your child that you will be back.
 - Respond in a calm and thoughtful way, and redirect your child's attention to a good behaviour.



Talk about vaccination

Talk to children and youth aged 12 and older about the importance of getting vaccinated. Explain how the vaccine can help protect them and those around them from COVID-19. Getting youth fully vaccinated also helps everyone get back to what they love and need for their physical and mental health, including:

- › being with friends and family
- › extracurricular activities, like sports and games
- › going back to school

Visit us to learn more about COVID-19 vaccination:

- › Canada.ca/covid-vaccine

Take care of yourself

- › **Self-care is important.** Parents and caregivers take better care of their children when they take care of themselves, too. Eat well, get enough rest, take breaks, and do something fun or relaxing. Be kind to yourself. Some individuals may use substances, such as alcohol and cannabis, as a way to cope with stress and anxiety during difficult times. However, substance use presents potential health risks and can negatively impact your mental health and wellbeing. If you use substances, do your best to minimize the amount and frequency that you consume, and try to avoid using substances around children.

- › **Connect with others.** You are not alone. Find support and relieve stress by talking about your feelings and concerns with your friends and family. If you're thinking about social gatherings instead of virtual means to connect with others, make sure to follow your provincial or territorial government guidelines.
- › **Recompose yourself.** Practice a one-minute mindfulness activity. Notice your thoughts. Notice how you feel emotionally. Notice if your feelings are happy or not. Notice how your body feels. Notice anything that hurts or is tense. This will help you relax and feel grounded.

It is normal if you or your children feel overwhelmed, stressed, confused, scared or angry during this time. Visit us to find additional information and support related to the COVID-19 pandemic:

- › Canada.ca/coronavirus

HELP REDUCE THE SPREAD OF COVID-19

TOGETHER, WE CAN TAKE THE FOLLOWING STEPS TO SLOW THE SPREAD OF COVID-19



follow the advice of your **local public health authority**



wash your hands often with soap and water for at least 20 seconds



use an **alcohol-based hand sanitizer** containing at least 60% alcohol if soap and water are not available



try not to touch your eyes, nose or mouth



cough and sneeze into your sleeve and not your hands



avoid close contact with people who are sick and practice **physical distancing**



avoid non-essential community and cultural gatherings and keep a physical distance between each other (approximately 2 metres)

SYMPTOMS

Symptoms of COVID-19 may be very mild or more serious and may take up to 14 days to appear after exposure to the virus. The most common symptoms include:



FEVER



COUGH



DIFFICULTY BREATHING

IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others.



Avoid visits with older adults, elders, or those with medical conditions. They are at higher risk of developing serious illness.



Call ahead before you visit a health care professional or call your local public health authority.



If your symptoms get worse, contact your health care provider or public health authority right away, and follow their instructions.

FOR INFORMATION ON COVID-19:

1-833-784-4397

canada.ca/coronavirus

COVID-19 vaccines

DEBUNKING THE MYTHS

VACCINE MYTH

VACCINE FACT



The vaccines were rushed and they aren't safe

Vaccines approved by Health Canada are backed by data demonstrating their safety, efficacy and quality



The vaccines can give you COVID-19

The vaccines cannot give you COVID-19; they do not contain a live virus strain



The vaccines contain egg proteins

The vaccines don't contain egg proteins and can be given to people with egg allergies



The vaccines cause severe side effects

The vaccines are all safe. Most side effects are mild and will resolve within a few days on their own



The vaccines can make women infertile

There is no evidence that the vaccines cause infertility



COVID Alert: Canada's COVID-19 exposure notification app

Let's protect each other

The new COVID Alert app is designed to let Canadians know whether they may have been exposed to COVID-19. Download it today to protect yourself and others.

How the app works

1. The app uses Bluetooth signals to exchange random codes with nearby phones with the app installed.
2. If someone you've come in close contact with later tests positive for COVID-19, they will receive a one-time key from their local health authority that they can enter into the app.
3. You and others who have spent time (more than 15 minutes, less than 2 metres apart, over the past 14 days) near this person will then be notified through the app that you may have been exposed.



Your privacy is protected

COVID Alert does not collect personally identifiable information about you.

It has no way of knowing:

- Your location
- Your name or address
- The place or time you were near someone
- Your health information

No information is shared without your consent.



What to do if you test positive

You will get a one-time key to enter into the app.

The app then notifies other app users that they may have been exposed. Notifications are based on having spent more than 15 minutes less than 2 metres from another user in the past 14 days. **Your identity is not revealed.**



What to do if you may have been exposed

If the app notifies you about potential exposure, you should follow the guidance from your local public health authority.



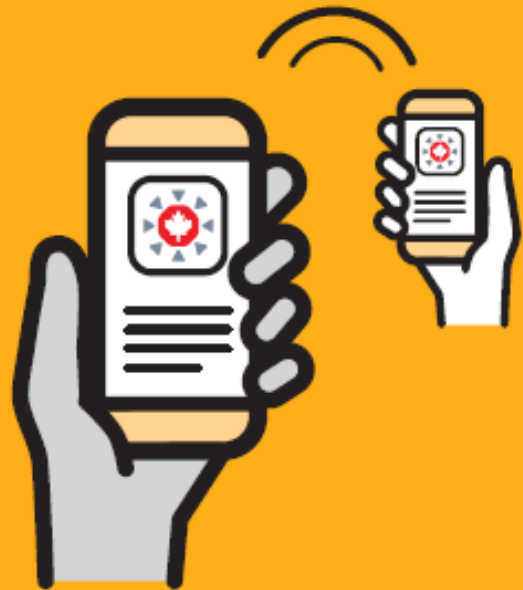
Why you should download the app

The app is another tool Canadians can use to help limit the spread of infection and prevent future outbreaks as we ease restrictions and restart the economy. The more Canadians who install the COVID Alert app on their phones, the better we can limit the spread of COVID-19.

Download the app and help others use it too. Find out more at Canada.ca/covid-alert.

Protect your community.

Download the COVID Alert app.



The more Canadians who install the
COVID Alert app, the better we can limit
the spread of COVID-19.

Let's protect each other. Download the app.
Learn more:

 Canada.ca/covid-alert

 1-833-784-4397



Know Your Risk Checklist

A personal risk check can help determine your living with COVID comfort level. Complete the checklist and take any additional precautions that protect your health and the health of those around you.

- Are you fully vaccinated?
 - Are the people you will be in close contact with fully vaccinated?
 - Is your event or gathering indoors or out?
- Are the people you will be in close contact with at-risk due to age or medical condition?

		Safer		Riskier	
About you	COVID-19 Vaccine	At least one dose	<input type="checkbox"/>	Not vaccinated	<input type="checkbox"/>
	Personal risk factors	No risk factors	<input type="checkbox"/>	Chronic medical conditions Immunocompromised Obesity (40+) Pregnant	<input type="checkbox"/>
About your behaviour	Masking	Wearing a mask	<input type="checkbox"/>	Not wearing a mask	<input type="checkbox"/>
	Travel History	You have not travelled outside your home community in the last week	<input type="checkbox"/>	You have travelled outside your home community in the last week	<input type="checkbox"/>
	Activity levels	Visiting very few (1 to 3) locations outside your home each week.	<input type="checkbox"/>	Visiting many locations (4+) outside your home each week.	<input type="checkbox"/>
		Spacing out the days between visits to different locations	<input type="checkbox"/>	Visiting multiple locations outside your home within a few days	<input type="checkbox"/>
About your location	Where you are	Outdoors	<input type="checkbox"/>	Indoors	<input type="checkbox"/>
	Ventilation	Fresh air is being brought in (e.g. open window)	<input type="checkbox"/>	Air is being re-circulated	<input type="checkbox"/>
	The noise level	Quiet	<input type="checkbox"/>	People are shouting or speaking at high volume	<input type="checkbox"/>
About the other people there	Who you meet	Only people in your household	<input type="checkbox"/>	People outside your household	<input type="checkbox"/>
		The same people each time	<input type="checkbox"/>	Different people each time	<input type="checkbox"/>
	How many people you meet	Fewer than 5	<input type="checkbox"/>	More than 5	<input type="checkbox"/>
	How crowded it is	Staying 2 metres apart is easy	<input type="checkbox"/>	Staying 2 metres apart is difficult or impossible	<input type="checkbox"/>

		Safer		Riskier	
	Masking	Wearing a mask	<input type="checkbox"/>	Not wearing a mask	<input type="checkbox"/>
About your activity	How long are you in a place with other people	Short amount of time (less than 15 minutes)	<input type="checkbox"/>	Long amount of time (the longer you are there, the greater the risk)	<input type="checkbox"/>
	How often you go	Once a week	<input type="checkbox"/>	More than once a week	<input type="checkbox"/>
	Shared activities	Not sharing food, drink, or smoking or vaping with people outside your household	<input type="checkbox"/>	Sharing food, drink, or smoking or vaping with people outside your household	<input type="checkbox"/>
	Physical contact	Not touching people outside your household	<input type="checkbox"/>	Touching people outside your household	<input type="checkbox"/>
	How heavy you breathe	Talking	<input type="checkbox"/>	Exercising, shouting, singing, or laughing	<input type="checkbox"/>
	Shared objects or surfaces (e.g. door handles, railing, touch pads)	Shared objects or surfaces are cleaned and disinfected frequently, people wash their hands or use hand sanitizer before and after touching them	<input type="checkbox"/>	Shared objects or surfaces are not cleaned and disinfected frequently, people do not wash their hands or use hand sanitizer before and after touching them	<input type="checkbox"/>

<https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/about-covid-19/know-your-risk>

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