

LET'S KEEP OUR SCHOOL COMMUNITY SAFE THIS COLD AND FLU SEASON



CLEAN HANDS
OFTEN



COVER COUGHS
AND SNEEZES



STAY HOME
WHEN ILL



GET YOUR
RECOMMENDED
VACCINATIONS

Stay home if you are not feeling well or are experiencing symptoms including fever and/or chills, recent onset of coughing, or diarrhea.

The general guidelines are:

- **For fever:** stay home until you do not have a fever and feel well enough to return to your regular activities.
- **For undiagnosed vomiting and diarrhea:** Stay home until there has been 24 hours since your last episode.

Staff, students or visitors can attend school if their symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies) or symptoms have improved enough to where you feel well enough to return to regular activities, and any fever has resolved without the use of fever-reducing medication (e.g. acetaminophen, ibuprofen).

If a staff member, student or visitor develops symptoms of illness while at school and is unable to participate in regular activities, they should go home until their symptoms have improved.

Vaccinations remain the best defence against COVID-19 and influenza.



The decision to wear a mask or face covering is a personal choice for everyone. This choice will be supported and treated with respect in all our schools. Disposable masks will continue to be available at our sites for those who wish to use them.

If you are unsure or concerned about your symptoms, please connect with your health care provider or call 8-1-1.

