



September 2, 2022

Dear UCDSB Parents and Guardians,

As you may be aware, the Ontario Chief Medical Officers of Health (CMOH) has recently provided [updated COVID-19 guidance](#) and has updated [the COVID-19 School Screener to include new symptoms and next steps](#). The latest screener is dated August 31, 2022.

Here is what the CMOH and local health units are advising:

**Stay home when sick** – If your child has any new or worsening symptoms of any illness they should stay home until they don't have a fever, their symptoms have been improving for at least 24 hours (or 48 hours for nausea, vomiting and/or diarrhea) and they aren't developing new symptoms. This includes if they test positive for COVID-19. There are no longer any standard isolation periods.

If you are unsure if your child should stay home, [follow the guidance in the updated COVID-19 School Screener](#). Please ensure that you are using the version of the screener that was updated on August 31, 2022.

**Take additional precautions** – For 10 days following the onset of COVID-19 symptoms or a positive COVID-19 test (including if the person is asymptomatic) individuals should:

- Wear a mask in all public settings (including school and child care);
- Avoid non-essential activities where mask removal is necessary (for example, playing a wind instrument in music class or removing a mask for sports, dining out);
- Household contacts of individuals with symptoms of COVID-19 or a positive COVID-19 test are also recommended to take the same precautions.

Please know that we will rely on our families and older students to follow this guidance and know when they will need to wear a mask at school. School staff will not be able to track individual masking timelines.

Our schools will continue to do what we can to provide physically healthy environments for students by promoting hand hygiene and respiratory etiquette, having hand sanitizer at different locations within our schools and continuing with enhanced cleaning protocols.

If you have questions about your family and COVID-19, please contact your public health unit directly for advice.

[Leeds, Grenville & Lanark District Health Unit](#) – Is advising families to complete the COVID-19 school screening and follow the next steps and/or call the provincial testing and isolation information line at 1-888-777-0730.

[Eastern Ontario Health Unit](#) – 1-800-267-7120 or 613-933-1375

Thank you,

Upper Canada District School Board