



## Health, Seniors and Active Living

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August 31, 2020

Dear Parents/Caregivers,

Adjusting to living with the risk of COVID-19 in our communities is a challenge for us all. As you and your child(ren) prepare for school in September, parents/caregivers and teachers all need to work together to help students adapt to new routines. It is important to teach your child(ren) the importance of following physical distancing, and staying home when they are sick. It is also important to teach them when and how to wash their hands correctly and how to cough or sneeze into a tissue or their sleeve. These are all important steps to help protect children and others, and reduce the spread of respiratory illnesses, including COVID-19.

The following are important principles that are key to ensuring the return to school is as safe as possible:

- Children who are sick must stay home from school, even if mildly ill or if you think their sickness is unrelated to COVID-19.
- Children who have [symptoms](#) of COVID-19 should stay home and isolate.
- Call Health Links – Info Santé for advice on testing for COVID-19 and information about when your child can stop isolating and return to school.
- If testing is recommended, it is important to get tested as soon as possible to limit the spread of COVID-19.

Everyone is working to limit the spread of COVID-19 in Manitoba, but we will see cases linked to schools. Be assured that public health investigations begin within 24 hours of a confirmed laboratory case. If there is a confirmed case of COVID-19 linked to your child(ren)'s school, parents of students who may have been exposed will be contacted by public health officials and given instructions for self-isolation (quarantine); testing may be recommended. If you are not contacted by public health officials, your child(ren) were not deemed to be exposed from this case and no further action is required.

Please refer to [http://manitoba.ca/asset\\_library/en/covid/K12ResponseManagement.pdf](http://manitoba.ca/asset_library/en/covid/K12ResponseManagement.pdf) for detailed information on the notification process and public health response should there be a confirmed case of COVID-19 in your child's school.

Sincerely,

**Dr. Brent Roussin, MD, JD, MPH, FRCPC**  
Manitoba Chief Provincial Public Health Officer  
Manitoba Health, Seniors and Active Living