

COVID-19 FAQ'S

FOR FAMILIES

March 12, 2020

What should I do if I think I have COVID-19?

If you have symptoms such as fever, cough and difficulty breathing and have travelled outside Canada or have been exposed to someone who has COVID-19, stay home and call **Health Link 811**. If you are not seriously ill, do not go to a physician's office, a health care facility or a lab without consulting with **Health Link 811** first. Call 911 if you are seriously ill and need immediate medical attention and inform them that you may have COVID-19.

When should I keep my child home from school?

Keep your child home if they develop a fever and/or cough or shortness of breath AND meet any of the criteria below:

In the 14 days before illness onset, they:

- Travelled to anywhere outside of Canada; OR
- Had close contact* with a confirmed or probable case of COVID-19; OR
- Had close contact* with a person with acute respiratory illness who has travelled anywhere outside of Canada within 14 days prior to illness onset.

What if I want to keep my child home as a precaution?

As a parent, it is your right to not send your child to school if you feel it is not in their best interest to attend. However, the risk of COVID-19 infection in Alberta remains relatively low, and Livingstone Range School Division is taking necessary precautions and preventative measures to limit the likelihood of illness transmission. Unless and until the decision is made to close schools in consultation with Alberta Health Services and Alberta Education, LRSD schools will remain open in our jurisdiction and we encourage students to be part of the learning there.

Can my child access lessons and schoolwork remotely?

Teacher and student absences due to COVID-19 have the potential to cause great disruption for student learning. Although the value of group discussion and

classroom activities would be missing, using technology is one strategy to help provide some continuity of learning.

LRSD's virtual learning tools, include:

- Google Classroom, Hangouts, Meet
- Classroom web pages
- Enhanced Learning Model
- OverDrive
- Emailed lessons

For those students with limited internet access, teachers and Principals will work with families on a case-by-case basis to help provide materials and instruction.

Should I notify LRSD if my family is traveling outside Alberta?

Yes. Tell your Principal if your family plans to travel outside Alberta. Before booking or embarking on travel outside the province of Alberta, we strongly encourage all members of the LRSD community to evaluate all associated risks, which may include the risk of becoming ill, falling under the restrictions of a foreign government, or forfeiting travellers cancellation or medical coverage.

If you are planning travel outside of Canada, consult the:

- [Public Health Agency of Canada's Travel Health Advisories page](#)
- [World Health Organization's bulletin for travel advice](#)

Anyone returning from any international location should consult the Info for Travellers section on the [Government of Alberta website](#) for more information about precautions to follow upon return to Alberta.

What if my family member is sick with COVID-19?

Stay home and let your school know. Anyone with close contact* with a confirmed case of COVID-19 in the last 14 days is asked to self-isolate and limit your contact with others for 14 days, and call **Health Link 811** for additional advice.

What is my school and the Division doing to prevent COVID-19 infection?

LRSD receives regular updates from Alberta Health Services and we follow their guidelines for infection prevention and control. In addition, LRSD has a Pandemic Management Plan in place to prepare for and respond to COVID-19.

We are carefully monitoring the situation daily and have implemented strategies to minimize spread and prepare for absences, such as increasing custodial staff hours,

increasing disinfecting frequency, cross-training staff for essential services, and using technology to provide learning continuity when staff or students are absent.

Will extra-curricular student events still go ahead as planned?

As of March 12, the Alberta government is banning all gatherings of more than 250 people. Student sports and events may be cancelled or postponed. We will review each situation with careful consideration and with as much advance notice as possible.

How do I talk to my child about COVID-19?

COVID-19 can be scary and worrisome for everyone. You can help your child feel more safe and empowered as you:

- Limit exposure to sensational news and social media
- Encourage discussion with facts and age-appropriate information
- Practice proper hand hygiene and cover your mouth with an elbow or tissue when you sneeze or cough
- Discourage sharing food, water bottles, pens, etc.

Where can I get more information?

LRSD will post regular COVID-19 updates and information at www.lrsd.ca.

Visit the following websites if you have further general questions about what COVID-19 is, how it is spread, or how many cases there are in the world at present. You can call **Health Link 811** if you have additional questions about what you need to do to protect yourself and your family against getting a COVID-19 infection.

- [Alberta Health](#)
- [Public Health Agency of Canada](#)
- [World Health Organization](#)

*A close contact is defined as a person who provided care for the individual, including healthcare workers, family members or other caregivers, or who had other similar close physical contact with the person without consistent and appropriate use of personal protective equipment OR who lived with or otherwise had close prolonged contact (within 2 metres) with the person while they were infectious OR had direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.