



March 14, 2020

As a family there are many things you can do to stay healthy

- **Hand washing:** Wash hands often with soap and warm water for at least 20 seconds, or use an alcohol based hand sanitizer, especially after coughing or sneezing.
- **Cough/sneeze etiquette:** Cough and sneeze into arm or tissue.
- **Stay home when sick:** Students should tell parents if not feeling well, and together, make a plan to stay home from school.
- **Keep clean:** Keep hands away from face and mouth.
- **Stay healthy:** Stay healthy by eating healthy foods, keeping physically active and getting enough sleep.

Practice Hand Hygiene

- before leaving home and on arrival at school
- after using the toilet
- after breaks and sporting activities
- before food preparation
- before eating any food, including snacks
- after contact with saliva or nasal secretions
- before using shared materials such as arts and craft supplies
- before leaving school and on arrival at home

Respiratory Etiquette

- Covering mouth and nose during coughing or sneezing with a tissue or a flexed elbow and disposing of used tissues followed by hand hygiene.

Self-Isolation

Response: remain at home for 14 days

- Individuals returning from outside of the country should self-isolate.
- Individuals exposed to those that have tested positive for COVID-19 should self-isolate.
- Individuals showing respiratory symptoms should self-isolate. These include:
 - Fever, cough and shortness of breath

Self-Monitoring

Response: may attend school, work and regular activities

- If someone from your household has self-isolated upon return from out of country with no symptoms, and you also do not have symptoms, you should self-monitor.
- If someone in your household has not tested positive for COVID-19 but is required to self-isolate and you do not have symptoms, you should self-monitor.

Resources:

[Alberta Health Link 811](#)

[Info for Albertans](#)

[AHS COVID-19 Self-Screening Tool](#)