

March 11, 2020

Dear Parents/Guardians,

We have been paying close attention to the recent global outbreak of Coronavirus (COVID-19). Although the Public Health Agency of Canada has assessed the public health risk as low for Canada, we are taking precautions. Unfortunately, those with Coronavirus (COVID-19) may have little to no symptoms. You may not know you have a coronavirus infection because symptoms are similar to a cold or flu, and they may take up to 14 days to appear after exposure. The Public Health Agency of Canada says that symptoms have included: fever, cough, difficulty breathing, pneumonia in both lungs.

We are asking all parents/guardians to watch for signs of illness in their child(ren) and, if sick, to keep their child(ren) at home. Please see the **Know the Facts** sheet that is attached to this letter.

How you can help at home:

- Teach your child(ren) good cough and hand hygiene etiquette. This includes covering coughs and sneezes with tissues, coughing and sneezing into the inside of the elbow, and discarding used tissues. Hands should be washed frequently with soap and water, and handwashing should last for at least 20 seconds. Be sure to set a good example by doing this yourself. If hands are not visibly soiled, hand sanitizers containing at least 60 percent alcohol are also effective.
- If your child is experiencing flu or cold-like symptoms, stay home from work, school and Point in Time and avoid contact with others. Please advise our Point in Time staff.
- If symptoms worsen or cause concern, contact your doctor's office by telephone for advice before arriving there in person.
- Stay informed. You can visit <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html> for the most current updates.

Please feel free to contact Point in Time if you have any questions or concerns, 705-457-5345.

Health & Safety Committee
Point in Time Centre for Children, Youth and Parents

KNOW THE FACTS

ABOUT CORONAVIRUS DISEASE (COVID-19)

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



FEVER



COUGH



DIFFICULTY BREATHING

Symptoms may take up to 14 days to appear after exposure to the virus.

Coronaviruses are most commonly spread from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds;
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands;
- ▶ avoid close contact with people who are sick;
- ▶ cough and sneeze into your sleeve and not your hands; and
- ▶ stay home if you are sick to avoid spreading illness to others.

For more information on coronavirus:

1-833-784-4397

canada.ca/coronavirus

phac.info.aspc@canada.ca



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