

UPDATE REGARDING EXISTING AND NEW PUBLIC HEALTH MEASURES DECEMBER 14, 2021

In light of recent COVID-19 outbreaks and the threat of the new Omicron variant, physical distance and gathering limits are returning to help protect Nova Scotians and the health system over the next few weeks. Mask requirements are also being tightened and there are enhanced measures at schools.

Effective Tuesday, December 14, enhanced Public Health measures that will affect our school include:

- no mixing of classes, including a pause on activities like Reading Buddies
- essential visitors only in schools
- masks are required indoors and outdoors where physical distancing cannot be maintained
- students need to be masked prior to entering the school each morning
- parents/guardians need to be masked when dropping off or picking up their child on school property or coming to the main doors

It is mandatory that students put on their mask before entering the school. It is also suggested that they bring a spare mask should their first mask get wet or dirty. Your support in ensuring this happens is appreciated. Also, we understand that it can be difficult to wear a mask throughout the school day but it is necessary to ensure the safety of your child and those around them. Please have a conversation with your child about the importance of complying with all Public Health measures.

PLEASE REVIEW THE FOLLOWING NOVA SCOTIA PUBLIC HEALTH GUIDELINES.

1

Do you feel sick?

If yes, stay home or put a mask on right away and go home. Keep doing healthy habits like washing your hands and coughing or sneezing into your elbow. Avoid school, work, child care settings and public spaces. Do not return until you feel better (without fever medications) for at least 24 hours. It's ok if you still have a mild cough or runny nose, unless you are in one of the situations below.

2

In the past 48 hours, have you had, or are you currently experiencing:



Cough (new or worsening)

OR two or more of the following symptoms (new or worsening);



Fever
(i.e. chills/sweats)



Sore
throat



Runny nose/
nasal congestion



Headache



Shortness of breath

If yes, go home or stay home as noted above. Book a [COVID-19 test online](#).

If you are unable to book a test online, call 811. You are required to self-isolate while awaiting your test result. If you test positive, follow public health instructions.