



October 30, 2020

Health Check Update

Dear Families,

As we head into daylight savings time this weekend, (please remember to turn your clocks back one hour on Saturday night) and close out October, we hope this communicate finds you healthy, happy and well.

After two months back at school, life at CGCS is settling into a more familiar routine. This includes all of our safety and cleaning protocols as they pertain to COVID19. While our staff maintains vigilance on campus, operating with an abundance of caution to ensure safety, we want to provide a friendly reminder to families to ensure ongoing vigilance with respect to the daily health check of children at home, before sending children to school.

Yesterday, we received information pertaining to the daily health check that is important for all Alberta families. Effective Monday, November 2, the provincial daily health check will look different, based upon evidence that has been gathered over the past number of months, and your understanding of this is important. The checklist for adults remains the one that was posted on October 8.

In a message from Alberta Education yesterday, the following information was shared:

Symptoms of runny nose and sore throat have been removed from the mandatory isolation checklist for Albertans under 18.

- *The core isolation symptoms for children are now **one (or more)** of the following: cough, fever, loss of taste or smell and shortness of breath. If a child has **any** of these core symptoms:
 - *They are to isolate for 10 days OR have a negative COVID-19 test result and feel better before they return to school or other activities.**
- *If a child has **one** of the following symptoms: chills; sore throat or painful swallowing; runny nose or congestion; feeling unwell or fatigue; nausea, vomiting, diarrhea; unexplained loss of appetite; muscle or joint aches; headache; or conjunctivitis (pink eye):
 - *The child should stay home and monitor for 24 hours.**

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- *If their symptom is improving after 24 hours, they can return to school/activities when they feel well enough to attend. Testing is not recommended.*
- *If the symptom worsens after 24 hours, or if additional symptoms emerge, or if the child has any **two** symptoms from this second list, they are to continue to stay home, and testing is recommended but not required. The child can return to activities and school when their symptoms have resolved AND it has been 24 hours or more since their symptoms started.*

These changes in the daily checklist will help ensure we focus testing, decrease wait times and get Albertans who are under 18 years of age back into the classroom and participating in activities as quickly and safely as possible, while minimizing the risk of COVID-19 transmission.

Please see the link to the revised daily checklist [here](#). This new daily checklist is to be your guide.

The newly updated isolation requirement information, posted provincially on October 29, is available [here](#). This new information is to be your guide.

As always, if in doubt, parents are advised to consult 8-1-1 for health information pertaining to their children.

We expect to hear more from the Chief Medical Officer of Health in the near future and will remain in touch with families as new information is received.

As has been the case since the beginning of the pandemic, all members of our learning community have continued to demonstrate vigilance, patience, flexibility, understanding and care for one another, as we navigate this together. We appreciate the efforts of our families, staff members and partners as we do our best to serve our learning community. Thank you for your patience and partnership as we are in this together.

Stay safe and be well.

Yours in education,

The CGCS Team