



BY EMAIL

February 24th, 2021

To all parents

Re: For a pleasant spring break and safe return to school

Dear parents,

As Spring Break approaches, and on behalf of myself and the DRSP, I want to thank you again for all the efforts you are making to follow health measures in this still difficult and uncertain context.

SPRING BREAK – SAFE ACTIVITIES FOR FAMILIES

Spring Break will give young people a well-deserved breather, now that they have shown their capacity to adapt and their exceptional determination. However, the COVID-19 pandemic is still with us and we must redouble our efforts to avoid spreading the virus. But you can still make the most of this break. Here is a list of places and activities that young people and their families (maximum 8 people) are permitted to access:

- Outdoor activities in parks
- Skating rinks and arenas
- Nature parks
- Biodome and botanical garden
- Swimming pools
- Libraries
- Museums
- Movie theatres

The City of Montréal suggests a series of outdoor family activities to do during Spring Break. In some big parks, equipment is available for free for people under 18 years old. For more details go to the City's Website ([HERE](#))

Linked cities also offer a variety of activities locally.

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THE NEED TO FOLLOW PUBLIC HEALTH DIRECTIVES

The situation is still fragile, especially with the arrival of variants. I want to remind you how important it is to comply with these directives:

- Limit gatherings of young people
- Respect the prohibition against gathering indoors
- Keep a 2-metre distance (6 feet) away from other people at all times and wear a mask
- In case of COVID-19 symptoms: get tested quickly and stay in isolation until you get your result
- Avoid contact with people vulnerable to COVID-19: people aged 70 and over – people with weakened immune systems – people with chronic diseases or other risk factors

PREPARING TO RETURN TO SCHOOL: REMINDER OF THE GUIDELINES

To make sure that going back to school is as safe as possible for everyone, we remind you not to send your child to school if he or she has flu symptoms (e.g. fever or cough):

A- What are the symptoms of COVID-19: For more information about the symptoms that indicate your child should stay home:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/symptoms-transmission-treatment/>

B- When to get tested: If your child has symptoms of COVID-19, it is recommended that he or she get tested as soon as possible and before going back to school.

Sincerely,

Mylène Drouin



Regional Director of Public Health

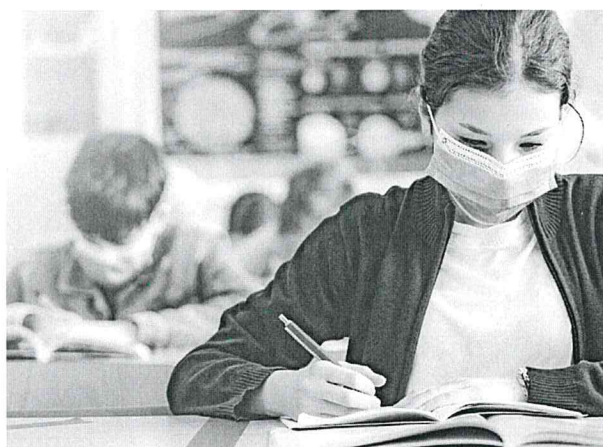
TESTING AND PREVENTIVE ISOLATION

FOR A YOUNG CHILD IDENTIFIED AS A CONTACT* OF A CONFIRMED COVID-19 CASE

This tool is designed to help you make an informed decision about getting a test for your child who came in contact with a confirmed COVID-19 case.

Public health recommends having your child tested, but this is not mandatory. However, **before returning to school, your child must stay in preventive isolation for 14 days.** Preventive isolation involves staying at home and observing social distancing with other members of your household.

Keeping your child in preventive isolation and getting him or her tested are the best ways to protect other people.



? Why get tested?

- To determine if your child has COVID-19 (confirmed case)
- To help stop the spread of COVID-19 in your environment and at school
- To protect your community and vulnerable individuals
 - people aged 70 or over
 - people with weakened immune systems
 - people with chronic diseases or other risk factors

DEFINITIONS

- A **confirmed COVID-19 case** is someone who has COVID-19 and has had a positive test. **This person must self-isolate for 10 days.**
- A **contact* of a confirmed COVID-19 case** is someone who has been in contact with a confirmed COVID-19 case. **This person must self-isolate for 14 days.**
- A person in contact with a **contact of a COVID-19 case** does not need to self-isolate and can continue regular activities.

For more information on precautionary measures, see the reverse.

* contact at moderate or high risk

My child has been IN CONTACT (MODERATE OR HIGH RISK) with a confirmed case of COVID-19: What to do

