FCJ REFUGEE CENTRE

Walking with uprooted people

Going back to
School during
COVID - 19
Guidance for
Parents and Kids







Settlement Program

Immigration Help & Refugee Protection

Anti- Human Trafficking Program

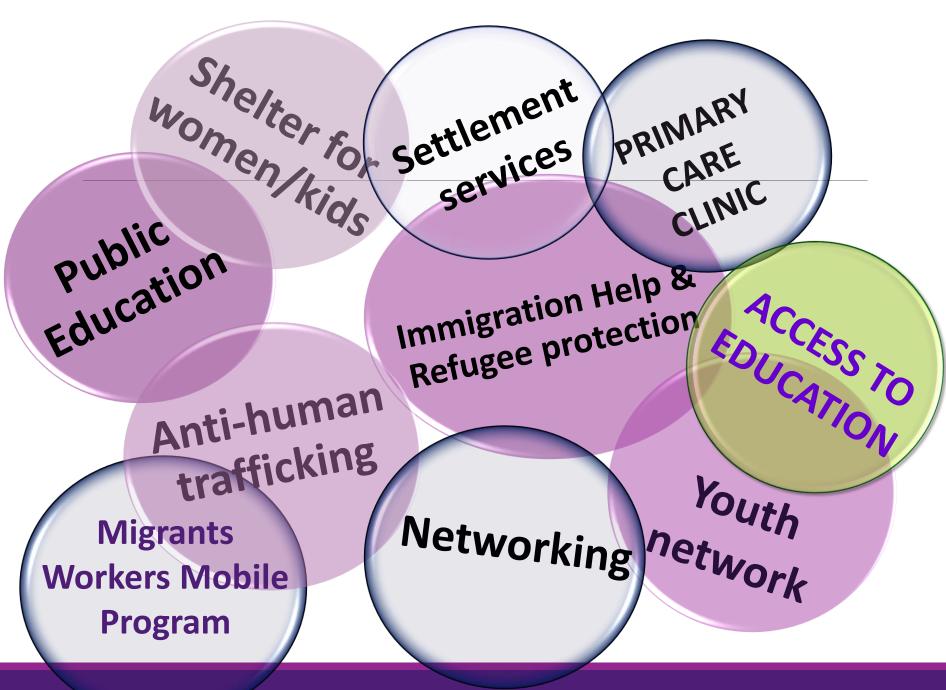
Popular Education

Networking

WHO WE ARE...

Non-profit organization which serves refugees and others at risk due to their immigration status...









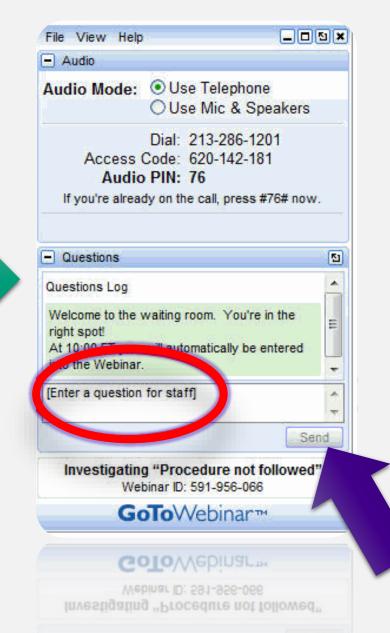
- General Information.
- Health and Safety.
- 3. FAQ
- 4. Vaccination / Flu Shot.
- 5. Other Health Care Programs.
- 6. Health Care Toronto Clinics for Non Insured People.

At the end we will have a round of questions for answer.



MAKING QUESTIONS

- Attendees may ask questions during the webinar by typing in the Question panel
- Questions are sent to the Organizer





Before coming to School all staff and students are expected to conduct a self-assessment for COVID-19 symptoms:

COVID-19 SYMPTOMS







Difficulty breathing



Sore throat, trouble swallowing



Runny nose



Loss of taste or smell



Not feeling well



Nausea, vomiting, diarrhea

Non-specific symptoms:

- Disorientation, confusion
- Sleeping more than usual or muscle aches
- Dizziness, weakness or falls
- Chills
- Headaches

Rarely, children can get an inflammatory condition that impacts the blood vessels, called vasculitis. It can present with prolonged fever, abdominal pain, red eyes, nausea, vomiting, diarrhea, and rash. It needs medical attention.



SCREENING QUESTIONNAIRE FOR PARENTS



STOP COVID-19

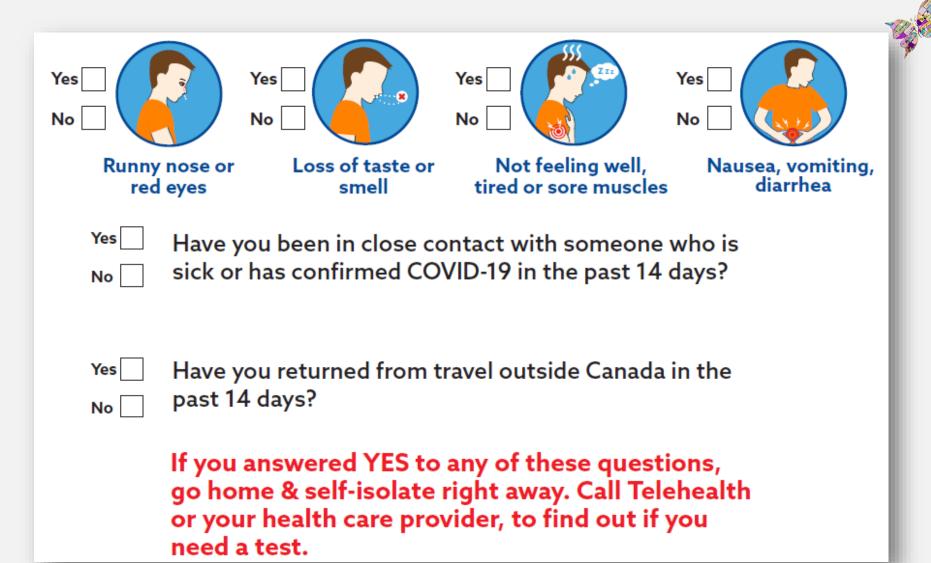
Please complete before entering the child care centre/day camp.

Name:	
Date:	Time:

Do you have any of the following:

Yes No	Yes No	Yes No	Yes No
Fever	Cough	Difficulty breathing	Sore throat,
			trouble swallowing





TORONTO.CA/COVID19

M Toronto Public Health

GOING BACK TO SCHOOL DURING COVID-19 "Guidance for Parents and Kids"

A protocol has been developed to deal with students who become ill while they are at school, including isolation and providing PPE to the ill student and the staff attending to them.

Parents are being asked to screen their children every day before school and keep them home if they are ill.

If someone at school, whether that be a student or staff member, tests positive for COVID-19, the school community is properly notified and rigorous contact tracing kicks in.

PRACTICING SOCIAL DISTANCING

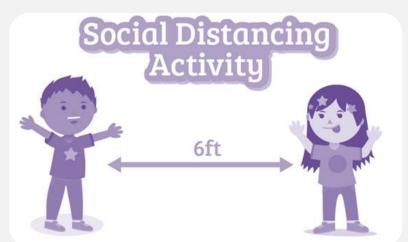


Students and Staff will practice physical distancing and remain 1-2 meters apart to the maximum extent possible.

Classrooms will be organized to encourage the maximum space between students.

Floors will be marked with decals to designate a one-way traffic flow and identifying 2 meters distance in key areas.

Each school will determine their local protocols.



GOING BACK TO SCHOOL DURING COVID-19 "Guidance for Parents and Kids"

Where required, class cohorts will be recommended for testing, sent home or the school will be closed until Public Health officials determine it is safe for students and staff to return.

There will be a clear communications process followed, and you will be informed if a student or staff member in your child's school test positive for COVID-19.

School Boards will work closely with Public Health Units to communicate updates in real time and determine whether a class or school must be closed.

Face Masks



BAR 883 - 888 887

Students in kindergarten to Grade 3 are encouraged but not required to wear face masks.

Students in Grade 4 – 12 are required to wear face masks indoors.

Reasonable exceptions on the requirement to wear face

masks will apply.

Additional Guidance on Face Masks



- The best mask is the one that fits comfortably.
- Cloth masks should be made with two or more layers of fabric and be easy to breathe through.
- It should be large enough to cover the nose, mouth and chin without gapping.
- Plastic masks or face shields are not a substitute for cloth masks.
- Send your child to school with two bags for masks, one labelled "clean" and one "dirty." Pack several masks each day. Instruct your child to put their mask in the "dirty" bag if it gets wet or soiled, and to use a new, clean mask. Wash the masks at the end of each day for reuse.

Cleaning And Other Additional Measures

Caretaking staff will perform regular routine cleaning of general facilities throughout the day and will conduct enhanced cleaning of high touch surfaces such as light switches, handrails, door handles.



Windows will be opened and interior doors will remain open to increase natural ventilation.

Same measures have to be taken in transportation.

*Contact your Principal if your child has some important medical concerns



Coronavirus Disease 2019 (COVID-19)

How to wash your hands



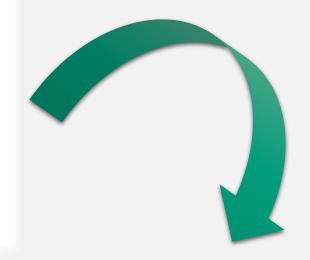




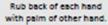


hands palm to palm.











Rub fingertips of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



Rinse thoroughly unde running water.





Turn off water using paper towel.



Your hands are now clean.



How to use hand sanitizer





Apply 1 to 2 pumps of product to paims of dry hands.



Rub hands together, paim to paim.



Rub in between and around fingers.



Rub back of each hand with palm of other hand.



113

Rub fingertips of each hand in opposite palm.



Rub each thumb clasped in opposite hand.



Rub hands until product is dry. Do not use paper towels.



Once dry, your hands are clean.

GOING BACK TO SCHOOL DURING COVID-19 "Guidance for Parents and Kids"

On top of having public health nurses in our schools, education staff will have completed rigorous training on health and safety. Every school will have a designated isolation room for students who become ill at school. There will also be appropriate PPE for the student and staff members.

Schools are also increasing investments in mental health because it's well known how difficult this period has been on your child. Schools will continue to ensure access to supports are available, continuing the representation and inclusion, compassion, and optimism in the hearts and minds of all the students.



What happens if someone at school gets COVID-19?

If someone at school contracts COVID-19, Toronto Public health (TPH) will conduct an investigation to determine who had close contact with the individual. Public health will then contact each person who had close contact. Due to privacy of personal health information, the name of the person who has COVID-19 will not be shared. Care must to be taken to avoid stigmatizing students and staff. Schools should continue to be welcoming, respectful, inclusive and supportive environments for all.



- What should I do if my child is sick?
- Get tested for COVID-19. If the COVID-19 test is negative, children who are sick should remain at home until 24 hrs after their symptoms resolve.
- If the COVID-19 test is positive, children will be followed by Toronto Public Health to monitor their symptoms. They and their family must self-isolate for 14 days or longer, according to Toronto Public Health.
- What should I do if my child has some of the symptoms of COVID-19?
- You should go to a COVID assessment centre to be tested for COVID-19.



What if my kid has flu/cold symptoms or an stomach infection? Should I take them to a COVID-19 assessment centre, considering that those are COVID19 symptoms?

Yes, the current recommendations encourage parents to take their child for testing at a COVID-19 assessment centre if they have signs of illness. You will need to self-isolate until you receive the test results. If the results are negative, you still need to self-isolate until 24 hours after the symptoms resolve.



• If one of the students or staff at my school tests positive for COVID, do my family and I need to be tested for COVID-19?

It will depend on the exposure that your child may have had to the positive COVID-19 case. With smaller, separated class cohorts and physical distancing, there will be a lower rate of virus transmission. Your school and Toronto Public Health will inform you if you need to be tested.



Which doctor should my child see if they receive a diagnosis of COVID-19?

If your child tests positive for COVID-19, you should inform your family doctor (if you have one) by phone. While you are in self-isolation, Toronto Public Health will organize follow up to monitor your symptoms. They will give you instructions on how to proceed if you develop worrisome symptoms that require urgent medical care (difficulty breathing, lethargy, dehydration).



• What kind of measures regarding cleaning instructions should parents follow for their child's face masks?
If non-reusable masks are visibly soiled or wet, they should be disposed of. Reusable cloth masks can be washed once they are soiled/wet. Plan to have a few masks so that they can be changed when needed (see further information at the end of the presentation).



Can you provide the list of the Schools with COVID-19 areas affected?

Toronto Public Health has created a list of schools in the highest-risk neighbourhoods for COVID-19 (risk for increased COVID-19 transmission once schools reopen).



What recommendations you can provide to Parents when their kids return home? Should clothes and backpacks be washed daily?

Wash your hands when you get home. Clean and disinfect high touch objects.

At school, do not share items with other children in the class (food, hair elastics, pens, etc), keep your belonging (backpacks) separated from others. Limit the number of personal belongings that you bring to school.



- Does my child/kid have to use a face shield and a mask, or is one of them okay to use?
- Masks are the recommended face covering. There is no evidence that a face shield alone provides effective protection.
- What should families do for students with allergies or asthma? Some children may have a chronic runny nose or cough because of a health condition. They can still attend school. If the symptoms are new or getting worse, they will need to stay home and get tested. Speak to your health care provider for more support.





VACCINATION

What will happen with kids that couldn't be vaccinated due to COVID 19 pandemic?

School vaccines for Grades 7 and 8 will resume when school begins. Parents of younger children who have missed their routine immunizations should contact their regular clinic to find out when they will be able to receive them. Completing routine immunizations will prevent other illnesses from circulating in the community.





FLU SHOT

Is it recommended to take the flu shot this season?

Yes! Receiving the flu shot will help to reduce the circulation of this common infection during the fall and winter months and help to prevent your child from getting a preventable illness.

SUMMARY SLIDE



The most important measures to protect your family during the return to school are:

- Go through a daily screening checklist for COVID-19 symptoms at home before leaving for school.
- Teach and encourage your children to wear a face mask appropriately and discuss respiratory etiquette (avoid touching face, eyes, nose, mouth and mask as much as possible).
- Show your children how to wash their hands properly and at the right moments with soap and water or an alcohol-based hand rub

SUMMARY SLIDE



The most important measures to protect your family during the return to school are:

- Practice physical distancing (remain 2 meters apart from those that are not in your bubble).
- Do not share books, toys, pencils, food, drink with classmates.
- Talk to your children about what to do if they develop symptoms of COVID 19 while they are at home or at school – having a plan will help to reduce anxiety.
- Check in regularly with your children about any stress or anxiety that they may be feeling and seek help if they (or you) are feeling overwhelmed.



All elementary schools (Kindergarten – Grade 8) in Ontario will open for in-person delivery of teaching and instruction, five days a week. Parents will continue to have the option to opt their children out of in-person delivery.

School will begin on September 14, 2020 (For all the details about schedule and staggered entry please refer to your School)

Secondary schools in school boards designated by the province (most publicly-funded schools in Toronto) will open on an adapted model, with class cohorts of approximately 15 students, on alternating schedules with at least 50% of in-class instructional days.



List of schools in neighbourhoods at higher risk of transmission

Schools in the Highest-Risk

Neighbourhoods for COVID-19

Identified by To___.pdf



COVID-19 Alert App

Download the <u>COVID Alert App</u> so that you can be notified directly if you have been in close contact with someone who was contagious with COVID-19. If someone gets COVID-19, they will enter a key in the app which will anonymously alert others who may be close contacts to go for testing.



Mental Health Resources



For a list of free mental health supports across Toronto go to:

https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-mental-health-resources/

(Across Boundaries, Crisis Text Line, Gerstein Crisis Centre, Family Services Toronto, Warm Line (Progress Place), The Access Point, Kids Help Phone, Toronto Seniors Helpline (WoodGreen), Hong Fook, Native Child and Family Services of Toronto.

Important Contact Information



Telehealth Ontario

- Call if you develop symptoms
- Telephone: 1-866-797-0000



Toronto Public Health Hotline

- 8:30am-8pm
- Call if you have questions about COVID-19
- Translation is available in multiple languages
- Telephone: 416-338-7600
- TTY: 416-392-0658
- email: PublicHealth@Toronto.ca



Call **911** if you are having difficulty breathing or experiencing other severe symptoms.

HOW TO MADE / SEW YOUR OWN MASK?



Link to the instructions for making masks (English)
https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/sew-no-sew-instructions-non-medical-masks-face-coverings.html

Video link on how to wear a masks (English): https://www.canada.ca/en/public-health/services/video/covid-19-wear-non-medical-mask-face-covering-properly.html

Multilingual resources for COVID19...



WEB PAGE produced by Ottawa Public Health with credible information about the virus.

https://www.ottawapublichealth.ca/en/public-health-topics/multilingual-resources.aspx

How to use a water fountain?



WATER FILLING STATION



Do not put your mouth or water bottle directly on the spout.



Stay 2 metres (6 feet) back until it is your turn.



Clean your hands after touching the water fountain.



Drink plenty of water to prevent over-heating.



toronto.ca/COVID19

CLINICS IN TORONTO FOR NON INSURED PATIENTS



NIWIC CLINIC 761

Jane Street (at Woolner) on the 2nd Floor.

Phone: 416-760-2815

QUEEN WEST COMMUNITY HEALTH CENTRE

168 Bathurst St.

Phone: 416-703-8480

The Canadian Centre for Refugee and Immigrants Health Care.

Phone: 647-267-2176

IMMIGRANT WOMEN'S HEALTH CENTRE

Phone: 416-323-9986

WHO CAN ACCESS TO THESE SERVICES?

People without status

People who don't have a primary care provider

People in their 3 month wait period for OHIP

People who live in Toronto





Connect with us

- **416-469 9754**
- **437-217 3786**
- 647-971 2153 Migrant Workers
- info@fcjrefugeecentre.org
- **www.fcjrefugeecentre.org**
- fcjrefugeeecentre
- @FCJRefugeeCentre
- @RefugeeCentre

QUESTIONS

For more information contact us:

Primary Care Clinic

✓ Elisa Ibarra

Email: eli.ibarra@fcjrefugeecentre.org

416-469-9754 ext.230

✓ Loly Rico

Email: lolyrico@fcjrefugeecentre.org

416-4699754 ext.224







THANK YOU









fcjrefugeeecentre

416-469-9754