

COVID-19 SAFETY

this Holiday Season

December 2020

Dear Educators and School Staff,

First, thank you. School is one of the most important factors in student and family well-being. We are grateful for your dedication, hard work and compassion.

The holidays can be a time to reconnect with family and friends. Please celebrate responsibly, and keep your family and schools healthy and safe.

Avoid travelling, except for essential reasons. Travelling increases your chance of getting and spreading COVID. **You may feel well and have no symptoms, but can spread COVID-19 to your family, friends, and community for 14 days after you were exposed to the virus.** Instead:

- Celebrate the holidays only with people you live with.
- Try a virtual get together, create new traditions, set up a phone, tablet or laptop around the dinner table.
- Limit local gatherings this holiday season to protect yourself and others from COVID-19. Current limits are 10 people indoors and 25 people outdoors. If you are indoors with others, wear a mask and stay 2 metres from anyone you do not live with.
- Embrace winter! Enjoy activities such as tobogganing, hiking, skiing, skating, and building a snowman or a fort.

The holidays can also be a time of stress. Mental health is an important part of our health. If you are concerned about your mental health, speak to your health care provider or connect with available supports.

Please be COVID-Smart this holiday season to reduce the risk to yourself and others in the New Year. We thank you for all you are doing to keep our schools safe and wish you a safe and healthy holiday season.

Sincerely yours,

Dr. Glenn Corneil
Acting Medical Officer of Health/CEO