

COVID-safe tips while at school and child care

There are a high number of absences related to symptoms of COVID-19 in your school or child care centre.

Take steps to protect yourself and others.
Practise these COVID-safe tips:



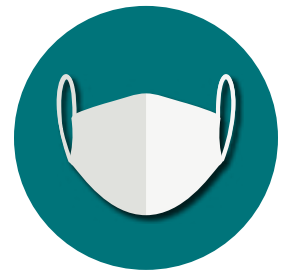
Get vaccinated and stay up to date

It is highly recommended that children, students, and staff receive all recommended COVID-19 vaccines, including any booster dose(s) when eligible. The vaccines are a safe and effective way to protect yourself and your loved ones from COVID-19.

Wear a well-fitted mask or face covering

Public Health Sudbury & Districts continues to strongly recommend the use of well-fitted masks to protect yourself and others against COVID-19 infection. Masks are required in the following circumstances:

- For 10 days after onset of COVID-19 symptoms or positive test result.
- For 10 days if you are identified as a close contact of someone with COVID-19.
- For the first 14 days following travel outside of Canada, in all public settings including schools and child care centres for anyone age 2 and older that is not fully vaccinated.



Check with your school or child care centre, as additional policies may be implemented regarding the use of masks. A well-fitted mask covers your nose, mouth, and chin. Have enough masks on hand so that you can change the mask if it gets soiled, wet, or uncomfortable. A well-fitted mask can be safely worn by children 2 years of age and older.



Wash your hands or use hand sanitizer

Hands should be washed well for 15 seconds. Do this often and anytime they are visibly dirty. When entering or leaving school or child care, apply hand sanitizer to your hands.

Assess your risk and self-screen daily

Assess your risk, think about your actions, and take deliberate precautions to prevent the spread of COVID-19. Take mindful actions to protect yourself and those around you. Screen daily for [symptoms of COVID-19](#) (Government of Ontario) before going to school or child care by using the Government of Ontario's [COVID-19 school and child care screening tool](#). Follow all instructions and stay home if you are sick.



Stay home when ill

The easiest way to reduce transmission is to stay home when ill. By staying home, you reduce your number of interactions with people and the risk of spreading COVID-19. If you have [symptoms of COVID-19](#) (Government of Ontario), assume that you may have the virus. You must stay home and isolate. Your household members may also be required to isolate. Visit [Ontario.ca/exposed](#) for more information.



Remember to practise kindness, patience, and gratitude—we are all in this together.

For more information visit Public Health Sudbury & Districts' Schools, child care centres and COVID-19 [webpage](#) and [FAQs](#).

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