



Sioux Lookout  
First Nations  
Health Authority

# CORONAVIRUS COVID-19

## FREQUENTLY ASKED QUESTIONS

### Back to School



#### Should I send my student to school in our community?

- This is a personal decision that you must make as a family. School is very important to your student's education and development. It is also important for their mental, emotional, social, and physical wellbeing.

#### What is the risk of going to school in our community?

- The risk changes based on how many cases of COVID-19 are in the region and your community
- If there are no cases of COVID-19 in your community the risk is very low.
- Communities are being very careful not to let the virus into the communities.
- Your school has taken steps to prevent the spread of COVID-19.
- The risks can be lowered if your community and your family follow the steps to stop the spread of COVID-19.

#### Should I send my student to school in Sioux Lookout or Thunder Bay for high school?

- This is a personal decision that you must make as a parent or caregiver. High school is very important to your student's education and future. Some things for you to consider when making your decision are:
  - The plans made by the schools in Sioux Lookout and Thunder Bay. Reach out to the school and your Tribal Council to find out what prevention measures they will put in place to keep your student safe while in school and where they will be living.
  - Your student's physical health. If they have any risk factors such as a chronic illness (diabetes, asthma), talk with a nurse or doctor at the nursing station about the risks and prevention measures that can be taken.
  - What would your child be doing if they did not go to school? Will they be able to focus on school without in-class support? Will they be able to access proper internet connection?
  - Will your students have more opportunity for risky behaviour such as parties and alcohol use?
  - Will they be living in an environment where they can be part of a social circle?
  - Will they be able to do public health measures when they are outside of their social circle?





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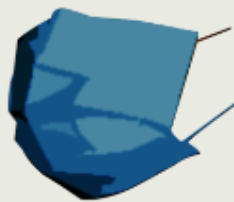
### How can my student prevent getting COVID-19?

- Wash hands regularly
- Stay 2 metres from others (when possible) and when not possible, wear a mask/face covering
- Stay home when feeling unwell
- Practise cough/sneeze etiquette
- Follow any other instructions required by the school such as use of masks



### Should my student wear a face covering?

- The Ministry of Education in Ontario requires students in grades 4 to 12 to wear face coverings at school. They encourage grade 3 students to wear masks in the indoor spaces
- Children under the age of five either chronologically or developmentally do not need to wear a face mask in enclosed public spaces if they are unable or refuse to wear a mask or face covering.
- Children who are unable to put on or take off a mask without help should not wear a mask.
- Individuals with medical conditions including breathing or cognitive difficulties, or a disability that prevents them from safely wearing a mask should not wear a mask.
- Please check with your local school to find out what rules they have in place.



### How should my student wear a face covering?

- Students should practise wearing masks and face coverings and find out what type of mask is comfortable.
- Students may wear their own non-medical masks. Your school may also have some available for students. Students may need more than one mask per day, and schools should have extra masks if a student does not bring a spare.
- Students should wear a clean mask each day.
- Students should change masks during the day if their mask gets dirty or damp.



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### What do I do if I am not sure my student is up to date with their immunizations?



- Contact your Nursing station to find out if your student's immunizations are up to date.
- The nurse will advise you if your student is due for any immunizations and can make them an appointment.
- We want to reduce the spread of other illnesses as much as possible and keep your child's immune system strong.

### Should my student get a flu-shot?

- Flu-shots/ influenza vaccines are recommended to prevent your student from getting influenza.
- This year especially, we want to prevent as many students from getting influenza as we can since it will lower their immune system making them more susceptible to COVID-19.
- Flu shots are generally offered starting in mid-October. Call your Nursing Station to discuss the flu-shot for your student and family. If your student is already out of the community before flu shots begin, contact their school to see if they will be able to receive a vaccine there.



### When should I keep my student home from school?

- SLFNHA or the Nursing Station has told them to self-isolate
- They have any symptoms of illness
- The screening tool tells you to keep them at home





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### What if one of my students has symptoms but the others do not, can I send the students that do not have symptoms?

- All the students need to stay home if one of them has symptoms, because they have all been exposed to the student who has symptoms. It can take days for symptoms to develop.
- If a student has symptoms, keep all the students that live in the same house at home and contact your Nursing Station for further instruction.

### What is the process if someone in the school tests positive for COVID-19?

- The Sioux Lookout First Nations Health Authority (SLFNHA) will work with the Nursing Station in your community to contact the positive case and gather details about their contacts.
- SLFNHA or the community team may contact the school to get phone numbers for contacts of the case.
- The positive case will self-isolate and will not return to the school until they are no longer able to spread the virus.
- Contacts of the case will be notified and will be asked to self-isolate for 14 days.
- SLFNHA will advise school officials on enhanced cleaning.
- The school would only be closed if SLFNHA and the school feel that a closure is needed to control the spread of the disease. A reason for closure might be that too many staff are away and safety of students or ability to keep the control measures in place are at risk. It may also be closed if it looks like the control measures are not properly in place or working to prevent the spread of the virus in the school.



### What is a “contact”?

- A contact is someone who has spent at least 15 minutes within 2 metres of a confirmed case.
- Passing someone in a hall or yard or simply being in the same school does not make someone a contact.







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### What is contact tracing?



- Contact tracing means **finding people who may have been a contact** to someone with COVID-19.
- It is very important to find the contacts **as soon as possible**. They may need to self-isolate, meaning to stay home away from others for 14 days from the day they were in contact with the person who has COVID-19. They may also need to go to the Nursing Station to get tested.
- Contact tracing protects the rest of the community, especially the vulnerable community members.
- For more information on case management and contact tracing, go to our [FAQ on Case and Contact Management](#).

### How will I know if my student has been in contact with a positive COVID-19 case?

- Your community team from the Nursing Station will contact anyone who is a contact of a positive case.
- They will provide you with directions on what to do and will check in with you often to make sure your student is doing okay.



### What happens if a parent or sibling of a student has been identified as a contact of a positive case?

- A nurse or a member of your community's team will let you know what to do after looking at the risks. Depending on risk factors, parents and siblings may be asked to self-monitor for symptoms or to self-isolate.

### What should I do if there is a positive case at the school?

- The school should tell parents if there is a positive case and tell parents what to do.
- You will be guided by the school, your local COVID-19 response team, and your leadership as case management and contact tracing is organized and carried out.
- Parents should be given the option to keep their children home from school so they can work on their assignments in the safety of their home
- You will be told if your student is a contact.
- If your student is not a contact, you can send your student to school unless the school says otherwise.



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### What should I do if there is a positive case in the community?

- You will be guided by the school, your local COVID-19 response team, and your leadership as case management and contact tracing is organized and carried out.
- The school may put in place more prevention measures, so look for their updates.

### What is self-isolation?

- Staying away from other people to avoid spreading the infection. It may take place at home or in another place in the community if you are not able to self-isolate at home.
- Find out how to self-isolate in our [advice sheet](#).



### What is self-monitoring?

- Self-monitoring means to pay close attention to your body and wellbeing for signs and symptoms of COVID-19. It is something we should always be doing to make sure we do not spread COVID-19.
- Find out how to self-monitor in our [advice sheet](#).
- You should help your student check for COVID-19 symptoms every day before they go to school to help you decide whether to send them. You can use our [flow chart](#).

