



Dear Parents/Guardians,

Thank you for your continued support of our Catholic school communities as we navigate the ever-changing COVID-19 regulations and restrictions. As always, the health and safety of our students and staff is our priority.

I wanted to take this opportunity to remind all families of some important information. Please note that we continue to follow all guidelines as outlined by our local public health units.

**If you were identified as a close contact of someone with symptoms or with COVID-19 and were not required to isolate**

For 10 days after your last exposure to the positive/symptomatic person:

- wear a well-fitted mask in all public settings (including school and child care)
- avoid activities where you need to take off your mask (for example, playing a wind instrument in music class or removing your mask for sports)
- do not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised)
- do not visit or attend work in any highest risk settings (unless you have tested positive for COVID-19 in the past 90 days and completed your isolation)

**If you have completed a 5 day self-isolation period for any reason**

For 10 days after your isolation period began:

- wear a well-fitted mask in all public settings (including school and child care)
- avoid activities where you need to take off your mask (for example, playing a wind instrument in music class or removing your mask for sports)
- do not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised)
- do not visit or attend work in any highest risk settings (unless you have tested positive for COVID-19 in the past 90 days and completed your isolation)

**If you have travelled outside of Canada in the last 14 days**

You must follow federal guidelines which includes:

- wearing a mask at all times when in public spaces (including schools and child care)
- maintaining a list of all close contacts for your first 14 days in Canada, and
- monitoring yourself for signs and symptoms of COVID-19.

**Health and safety tips**

The removal of provincial requirements does not mean that the risk for COVID-19 has disappeared. We still need to do our part to protect ourselves and others from COVID-19.

This includes practicing good hand hygiene and wearing a mask where required.

- Make sure your face covering or mask covers your mouth, nose, and chin
- Keep a distance from others before, during, and after school/child care
- You should wash or sanitize your hands often

If you have any additional questions, please contact your local public health unit for more information.

[KFL&A Public Health](#)

[HPE Public Health](#)

[Renfrew County and District Public Health Unit](#)

Sincerely,



David DeSantis  
Director of Education

