

# HERE'S the SCOOP

Jan 17<sup>th</sup> to Jan 21<sup>st</sup>

## Week at a Glance

### Monday Jan 17<sup>th</sup>

Staff are celebrating Betty White's birthday by making donations to our local animal rescue because of her love for animals. Join in: <https://saintsrescue.ca/>

### Tuesday Jan 18<sup>th</sup>

PAC mtg 6:45

### Wednesday Jan 19<sup>th</sup>

Choice Kindergarten Registration

### Reminders/ Updates:

Log your absence on the **Parent Portal**  
Complete your daily health check and stay home if unwell  
We are strongly requesting that parents avoid crowding at pick up and drop off

## Important Links:

**BCCDC** :<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/if-you-have-covid-19>

**Health assessment:**

<https://bc.thrive.health/covid19/en>

**Daily Health app**

<https://www.k12dailycheck.gov.bc.ca/healthcheck?execution=e1s1>

## PAC Updates:

Join us on Tuesday for our next meeting!

<https://ca01web.zoom.us/j/62969767245?pwd=Zk9mZWRRWR1lTeDIINdDlbFVidnNQZz09>

## DATES

**Jan 24<sup>th</sup>** Non Instructional Day  
Full Service Library will resume at the end of January

**Feb 2<sup>nd</sup>** General kindergarten Registration

**Feb 3<sup>rd</sup>** Grade 8 registration

**Feb 4<sup>th</sup>** Global Day of Play

**Feb 14<sup>th</sup>** Valentines Day (only store bought snacks)

**Feb 21<sup>st</sup>** Family Day

**Feb 22<sup>nd</sup>** Non Instructional Day

**Feb 23<sup>rd</sup>** Late Kindergarten Registration

**Mar 3<sup>rd</sup>** Student led conferences  
11:30 dismissal

**Mar 4<sup>th</sup>** No School, student led conferences

**Mar 11<sup>th</sup>** Last day before break

# Instructions for close contacts

## I have been identified as a close contact

You may have been exposed to COVID-19. You need to self-monitor and may also need to self-isolate and/or get tested.

### Self-monitoring for close contacts

Monitor for symptoms of COVID-19 listed below for 14 days from the day you last had contact with the person who has COVID-19, even if you are fully vaccinated or had COVID-19 in the last 90 days. If you develop symptoms of COVID-19 listed below, please use the [Self-assessment Tool](#) to see if you should get tested for COVID-19. If you have no symptoms of COVID-19, you do not need a test.

Fever or chills	Extreme fatigue or tiredness
Cough	Headache
Loss of sense of smell or taste	Body aches
Difficulty breathing	Nausea or vomiting
Sore throat	Diarrhea
Loss of appetite	

See below for more details on testing locations and results.

### Self-isolation for close contacts

If you are **fully vaccinated or had COVID-19 in the last 90 days**, you are not required to self-isolate, and you can continue to participate in routine activities, such as work or school, as long as you do not have any symptoms. However, do not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems, or over the age of 70 years) for 14 days after you were last exposed to COVID-19. More details on risk factors for severe disease are available on the [BCCDC website](#).

If you are **not fully vaccinated and did not have COVID-19 in the last 90 days**, you are required to **self-isolate for 10 days** from the day you last had contact with the person who has COVID-19, even if you do not have any symptoms. Self-isolation means keeping away from others to help stop the spread of COVID-19. Visit the BCCDC website to learn more about how to self-isolate: [bccdc.ca/covid19selfisolation](https://bccdc.ca/covid19selfisolation). In addition to the 10 days of self-isolation, you should not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems or over the age of 70 years) for 14 days after you were last exposed to COVID-19. More details on risk factors for severe disease are available on the [BCCDC website](#).

# I Tested Positive for COVID-19

## People who test positive for COVID-19 will need to

1. Self-isolate and manage their symptoms
2. Complete an online form to report your test result
3. Notify close contacts

## Self-isolation and ending isolation for cases of COVID-19

Self-isolation essentially means keeping away from others to help stop the spread of COVID-19. Visit the BCCDC website to learn more about how to self-isolate:

[bccdc.ca/covid19selfisolation](https://bccdc.ca/covid19selfisolation)

If you are managing your illness at home you can end isolation when all three of these conditions are met:

1. **If you are fully vaccinated:** At least **5 days** have passed since your symptoms started, or from the day you tested if you did not have symptoms. You should wear a mask even in settings where a mask isn't required and avoid higher risk settings, such as long term care facilities and gatherings, for another 5 days after ending isolation. Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) more than 7 days ago, or have received a single dose of a 1-dose series (e.g. Janssen/Johnson and Johnson) more than 14 days ago.

**If you are not fully vaccinated:** at least **10 days** have passed since your symptoms started, or from the day you tested if you did not have symptoms

2. Fever has resolved for 24 hours without the use of fever-reducing medication, such as acetaminophen or ibuprofen, *and*
3. Symptoms are improving and you are able to participate in your usual activities

Continue to isolate for longer if you have a fever or are not feeling better.

When you end isolation, you are not considered contagious. However, it can take longer to recover from the illness. Most people recover within two weeks. Some people with more severe symptoms can take up to twelve weeks or more to feel entirely better. If you are unsure or concerned, connect with your health care provider, call 8-1-1, or go to an Urgent and Primary Care Centre to be assessed.

If you are a traveler returning from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. Visit the Government of Canada website for more information: [travel.gc.ca/travel-covid](https://travel.gc.ca/travel-covid).