
Updated September 9, 2021

COVID-19 Frequently Asked Questions for Parents

My child isn't feeling well, should I send them to school?

A tool has been developed - "Daily Health Check" - for parents and caregivers to assess their child prior to coming to school. Parents and caregivers are required to assess their child daily BEFORE sending their child to school.

If your child has one or more of the following symptoms, your child should stay home and get a health assessment from Northern Health COVID line by calling 1-844-645-7811 or 811.

- Fever (a temperature above 38°C/100°F)
- Chills
- Cough
- Difficulty breathing
- Loss of sense of smell or test

If your child has one or more of the following symptoms, keep your child at home for 24 hours. If your child is not better or the symptoms worsen, please call the Northern Health COVID line at 1-844-645-7811 or 811.

- Sore throat
- Loss of appetite
- Headache
- Body aches
- Extreme fatigue or tiredness
- Nausea and vomiting

Is the "Daily Health Check" tool available online?

Yes, the Daily Health Check is available on the [K to 12 Health Check website](#). It includes current health guidelines and offers an age-appropriate user experience for K to 12 students.

If you prefer, you can also download the app:

- [iOS devices \(iPhone/iPad\)](#)
- [Android devices](#)

My child just came back from outside of Canada, can I send them to school?

Currently, under federal and provincial orders, anyone who has travelled outside of Canada and is not fully vaccinated, is required to self-quarantine for 14 days after arriving back in Canada.

I just learned that my child has been in close contact with someone who has tested positive for COVID-19. What should I do?

Public Health will contact you if they determine you have been in close contact with someone outside of your household. If directed by Northern Health, your child should self-isolate. Self-isolation is important to help reduce the spread of COVID-19 to others. Monitor your child for the symptoms listed above. If your child develops symptoms, you should seek testing.

How do I arrange to get my child tested?

You can arrange for testing by calling the Northern Health COVID line at 1-844-645-7811 or 811.

Does my child have to wear a mask at school?

All students are encouraged to wear masks. Masks are required for those students in grades 4 to 12. There are exceptions to the mask policy, which include:

- A person who cannot tolerate wearing a mask for health or behavioural reasons
- A person unable to put on or remove a mask without the assistance of another person
- Temporary removal for the purposes of identifying the person wearing it
- Temporary removal to engage in an educational activity that cannot be performed while wearing a mask. For example, while playing a wind instrument or engaging in high-intensity physical activity
- If a person is eating or drinking
- If a person is behind a barrier
- While providing a service to a person with a disability or diverse ability (for example, a hearing impairment), where visual cues, facial expressions and/or lip reading/movements are important

Does my child have to social distance (keep 2 meters between themselves and others)?

Strict physical distancing is no longer required, but we are encouraging everyone to be mindful of people's personal space and spread out wherever possible.

What if my child forgets their mask?

There are disposable masks available at each school. Please have your child ask for one at their school's office.

I want to talk with someone in the office. Last year, the offices were closed to the public for in-person services. Are they open again?

Yes, the offices are open. We encourage people to make appointments and all visitors, just like staff, are required to wear masks.

What safety measures are schools implementing to protect our children?

Much of the COVID-19 security protocols that we had put in place at the end of last school year (mask wearing, personal hand hygiene, respectful personal space and daily health assessments) are still in place.

We are continuing to clean and disinfect frequently touched surfaces, frequently used toys, sporting equipment and music instruments daily. There will be additional support for immediate cleaning of bodily fluids as well.

What's new for this year?

Together with the Ministry of Education and the Provincial Health Officer, we are working toward a gradual transition to larger gatherings, and the return of inter-school events/sports. Please note, school gatherings and functions are different from public gatherings. Public gatherings that are held at schools are subject to the guidelines set out by the Provincial Health Officer.

The Ministry of Education and the Provincial Health Officer created guidelines to ensure that all students, parents and staff feel as safe as possible in our schools. These guidelines include:

- Evidence-based vaccine information (including how and where people can get vaccinated)
- When to self-isolate and when to self-monitor

When is my child required to self-isolate?

When you self-isolate, stay home and keep away from others to help stop the spread of COVID-19.

As directed by Public Health, your child should self-isolate if they have:

- Tested positive for COVID-19
- Have travelled outside of Canada in the last 14 days and has not been fully vaccinated
- Has been tested for COVID-19 and is awaiting their test results

When is my child required to self-monitor?

When you self-monitor, check yourself for symptoms of COVID-19 and get tested right away if you think you may be sick. Self-monitoring individuals can continue to attend school as long as they are asymptomatic.

As directed by Public Health, your child should self-monitor if they have:

- Close contacts who have already had COVID-19 or have been partially or fully vaccinated

- Been exposed to individuals with COVID-19 who are not close contacts

Why are there different COVID-19 protocols in other areas?

Medical Health Officers continue to implement local Public Health Orders and can implement additional measures at times of elevated transmission in communities. When and where this is increased risk based upon community transmission and/or low vaccination rates, such measures may include:

- School-specific measures
- Limitations on gatherings/events
- Visitor access limitations
- Changes to mask usage

Does my child have to be vaccinated to attend school?

No, your child does not have to be vaccinated to attend school.

Northern Health is providing vaccinations to British Columbians who are 12 years of age and older. For more information on vaccinations, please visit the [Northern Health website](#).

School District No. 57 (Prince George) adheres to the standards and direction set by the Ministry of Education, the Provincial Health Officer, BC Centre for Disease Control and WorkSafe BC.

Who do I contact for more information?

If you have questions about your child's education, please contact your school directly (link to school directory).

For any questions regarding the School District No. 57 (Prince George) please email sd57communications@sd57.bc.ca