



# **Middlesex Centre Family Medicine Clinic**

*Family Health Organization*

*...affiliated with the Thames Valley Family Health Team*

Dear Parents,

As our children return to school, September 2020 promises to be a challenging and anxiety-producing time for all of us. As parents ourselves, we hope that the information provided here will help you navigate the changing landscape of the school environment with respect to illness at school.

It is often difficult to balance the demands of work and looking after our children and this year will be no exception. It is very likely that we will take more sick-days than ever before, given the restrictions put on children returning to school after a period of symptoms. Despite the challenges this imposes, please keep your children home if they are sick. We need to continue the excellent progress we have made to protect our children, ourselves and our educational workers. They are truly the new front line.

As we pass the torch from health care workers, to our teachers, we wish you a healthy fall season.

Sincerely,

Drs. Craig, Howard, Kling, Mather, Leger and Van Dam

J. Howard MD, CCFP, Dip P Derm • D. Van Dam MD, CCFP  
D. Leger MD, CCFP • M. Craig MD, CCFP  
J. Mather MD, CCFP • S. Kling MD, CCFP

***Located at the Middlesex Centre Regional Medical Clinic***  
36 Heritage Drive, Box 160 Ilderton, ON N0M 2A0

**Attached is a summary of collected information regarding return to school for your guidance from:**

Thames Valley District School Board  
London Catholic School Board  
Middlesex London Health Unit  
Government of Ontario  
Ontario Government Covid 19- Re-opening Child Care Centers  
Ontario Assessment Clinics

## **Thames Valley District School Board**

1250 Dundas Street London Ontario N5W 5P2

Phone :519-452-2000

<https://www.tvdsb.ca/en/index.aspx>

### **STUDENT HEALTH AGREEMENT**

- Families of students who are attending In-person Learning will be required to complete a Student Health Agreement for each child
- This agreement includes a commitment from families to screen children daily
- This mandatory agreement will be available in the Parent Portal starting August 26
- Deadline to respond to the agreement is Monday, September 14 Screening Questions It is a requirement that I screen my child for Covid-19 symptoms each school day to ensure they can attend school.

**I agree that I will monitor my child each day prior to sending them to school.** If the answer to any of the following screening questions is yes, I agree that my child will not get on a school bus or be sent to school and that I will promptly contact my health provider and/or the local Public Health Unit, which may result in having my child assessed prior to their return to school.

#### **Illness while not at school**

If my child becomes ill with COVID-19 related symptoms outside of the school day, I agree that I will keep my child at home and promptly report their absence to the school or attendance system. I further agree that I will follow the guidance of my health care practitioner or local Public Health Unit regarding my child's symptoms.

#### **COVID-19 Student Health Agreement**

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*Before sending your child to school, parents and guardians are asked to acknowledge and agree to the following:*

#### Contact Information

- My contact information (e.g. phone number, email, address, etc.) in the Parent Portal is up-to-date with my child's school.

## Screening Questions

- It is a requirement that I screen my child for Covid-19 symptoms each school day to ensure they can attend school. I agree that I will monitor my child each day prior to sending them to school. If the answer to any of the following screening questions is yes, I agree that my child will not get on a school bus or be sent to school and that I will promptly contact my health provider and/or the local Public Health Unit, which may result in having my child assessed prior to their return to school.

### Positive Test

- If my child tests positive for COVID-19 or has been directed to isolate, I agree that they will not attend school until I am given notice by my local Public Health Unit that my child is able to return to school.

### Negative Test

- If my child tests negative for COVID-19, I agree that they will remain home until their symptoms resolve and they are symptom free for 24 hours.

## Illness while not at school

- If my child becomes ill with COVID-19 related symptoms outside of the school day, I agree that I will keep my child at home and promptly report their absence to the school or attendance system. I further agree that I will follow the guidance of my health care practitioner or local Public Health Unit regarding my child's symptoms.

## Illness at school

- If my child begins to exhibit symptoms associated with COVID-19 during the school day, I understand and agree that my child will be placed in a supervised separate area physically apart from other person(s) at the school. I further understand and agree that any of my child's siblings who attend the same school will also be relocated to this supervised area. I agree that I will have a plan in place for my child and their siblings to be picked up from their school as soon as possible after being notified of their symptoms and that I will immediately contact my doctor, health practitioner and/or local Public Health Unit to advise them of my child's symptoms

## Wearing Masks at school

- I understand and agree that the Ministry of Education requires all students between the grades of 4-12 to wear a non-medical mask or cloth face covering while indoors during the school day and any time my child is indoors at school.
- Students in Kindergarten to Grade 3 have been directed by the Board of Trustees to wear face masks while indoors at school, but for those students who are unable, unwilling or have difficulty complying with the mask requirement, there will be no consequences. Reasonable exceptions to the requirement to wear masks (including but not limited to medical conditions) may be obtained from the school administration.

## COVID-19 Screening Checklist

If you answer yes to any of the following questions, do not send your child to school and consult your health care provider or local Public Health Unit on any requirements:

Has your child, or anyone in your child's household, travelled outside Canada in the last 14 days?

2. Has your child, or anyone in your child's household, been in close physical contact with any person who is being investigated or has tested positive for COVID-19 during the past 14 days, without wearing the appropriate Personal Protective Equipment

For greater certainty, close physical contact means:

- being less than 2 metres away in the same room, workspace, or area
- living in the same home

3. Have you and/or any person in your child's household worked in a facility known to be experiencing an outbreak of COVID-19 in the past 14 days?

4. Is your child and/or any person in your child's household experiencing any of the following new or worsening symptoms associated with COVID-19?

- Fever (temperature of 37.8°C or greater)
- New or worsening cough
- Shortness of breath
- Difficulty breathing
- Sore throat
- Runny nose or nasal congestion without other known cause (in absence of underlying reasons for symptoms such as seasonal allergies and postnasal drip)
- Difficulty swallowing
- Decrease or loss of sense of taste or smell
- Nausea, vomiting, diarrhea, or abdominal pain
- Unexplained fatigue, malaise or chills
- Headache - Note: headache should only be considered a COVID-19 symptom when it is non-typical for the individual or if it is typical for the individual and is accompanied by any other COVID-19 symptoms.
- Pink eye (conjunctivitis)

**STOP**

# Covid-19 Screening

If you answer **YES** to **ANY** of the following questions, do not send your child to school and consult your health care provider or local Public Health Unit for further instructions:

Is your child and/or any person in your child's household experiencing any of the following new or worsening symptoms associated with COVID-19?



Fever  
(temperature)

YES  NO



New or worsening  
Cough

YES  NO



Shortness of breath,  
Difficulty breathing

YES  NO



Sore throat,  
Difficulty swallowing

YES  NO



Runny nose  
or nasal congestion

YES  NO



Loss of sense of taste  
or smell

YES  NO



Nausea, vomiting,  
diarrhea

YES  NO



Unexplained fatigue /  
malaise / chills / headache

YES  NO



Pink eye  
(conjunctivitis)

YES  NO



Has your child, or anyone in your child's household, been in close physical contact with any person who is being "investigated" or has tested positive for COVID-19 during the past 14 days, without wearing the appropriate Personal Protective Equipment?

YES  NO



Has your child, or anyone in your child's household, travelled outside Canada in the last 14 days?

YES  NO



Have you and/or any person in your child's household worked in a facility known to be experiencing an outbreak of COVID-19?

YES  NO



August 31, 2020

**London District Catholic School Board**

<https://www.ldcsb.ca/apps/pages/index>

Phone: 519-663-2088

5200 Wellington Road South London Ontario N6E 3X8

**COVID-19 Self Screening Questions**

Parents/Guardians will base their assessment on the following checklist to perform daily screening of their children before arriving at school.

If answering yes to any of the following below, please keep your child home. Any student answering yes to the home screening questionnaire, will not be able to return to school until they are symptom-free for 24 hours without fever reducing medications.

1. Do you have any of the following new or worsening symptoms or signs?

- Fever (A temperature of 37.8 degrees Celsius or higher)
- New or worsening cough
- Shortness of breath
- Difficulty breathing?
- Sore throat/ Difficulty swallowing
- Runny nose, sneezing, or nasal congestion (in absence of underlying reasons for symptoms such as seasonal allergies)
- New smell or taste disorder(s) (Decrease or loss of taste and smell)
- Nausea/vomiting, diarrhea, abdominal pain Unexplained fatigue/malaise
- Chills
- Headaches
- Extreme tiredness that is unusual (fatigue, lack of energy)

2. Have you travelled outside of Canada in the past 14 days?

*Please note, close physical contact means:*

- Living in the same home
- Being less than 2 metres away in the same room or area from another person

3. Have you been in close physical contact with someone who has tested positive for COVID-19 in the past 14 days?

4. Have you tested positive for COVID-19 in the past 14 days?

355 Wellington St., London, ON (inside Citi Plaza)  
519-663-5317  
<https://www.healthunit.com>

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### Return to School

While an individual suspected to have COVID-19 is waiting for test results they must be in isolation and cannot attend school in person. The individual can attend school virtually if they feel well enough to participate.

Individuals who have had a COVID-19 test because of symptoms, but who test negative should not return to school until at least 24 hours after their symptoms have resolved.

Individuals who have traveled out of the country should isolate for 14 days.

Where a student or staff member has tested positive for COVID-19, the local PHU will be in contact with the school to provide further direction on returning to school.

### Positive Test

- If my child tests positive for COVID-19 or has been directed to isolate, I agree that they will not attend school until I am given notice by my local Public Health Unit that my child is able to return to school.

### Negative Test

- If my child tests negative for COVID-19, I agree that they will remain home until their symptoms resolve and they are symptom free for 24 hours.

If there is a positive case of COVID-19 in your child's class, all staff and students determined by MLHU to be at high risk of exposure will be directed to isolate for 14 days and recommended to be tested for COVID-19. If your child is not identified and contacted as at high risk of exposure, they will not need to get tested for COVID-19, nor will they be required to stay home. If additional information is provided by your school or the Health Unit at that time, be sure to follow the direction provided.

**Barriers to return to school, such as requirement of medical notes. As per the OMA medical notes related to Covid will not be provided.**

### **COVID-19: Reopening Child Care Centres**

<https://www.ontario.ca/page/covid-19-reopening-child-care-centres>

Child care and early years programs are re-opening with enhanced health and safety measures in place. As of September 1, 2020:

- licensed child care centres, including centres in First Nation communities, can operate at full capacity
- before and after school programs for school aged children can operate with standard ratios and maximum group size requirements
- EarlyON Child and Family Centres can reopen with in-person programming if participants preregister
- First Nation Child and Family Centres on reserve can reopen with in-person programming if participants preregister

Parents/guardians of children entering a child care centre are required to follow the rules as set out by their child care centre.

ASSESSMENT CENTRES

<b>London</b>	Address	Hours	Additional Info
Carling Heights Optimist Community Centre	656 Elizabeth Street London,ON	Monday-Sunday 11:00am-7:00pm	No Appointment needed
Oakridge Arena	825 Valetta Street London,ON	Monday-Friday 9:00am-5:00pm	No Appointment Needed
<b>Lambton</b>			
Twin Bridges Nurse Practitioner-Led Clinic	153 Christina Street South Sarnia,ON	Monday-Thursday 4:00pm-8:00pm (Walk in) Saturday 9:00am-2:00pm (No appointment needed)	226-776-9030
Central Lambton Family Health Team	4130 Glenview Road Petrolia	Monday-Friday 1:30pm-4:00pm Saturday 9:00am-12:00pm	Book online by going to <a href="http://testing.getcorigan.ca">testing.getcorigan.ca</a> .  If unable to book online,call:519-882-2500
Grand Bend Area Community Health Centre	69 Main Street East Grand Bend ,ON	Monday to Friday 1:30pm-4:00pm	Call :519-238-2362 to book.
<b>Indigenous Health Centre</b>			
Walpole Island Health Centre	785 Tecumseh Road Unit 16 Walpole Island,ON		Call to book appointment  519-627-0765
Kettle and Stony Point	6275 Indian Lane		Call to book

First Nation	Forest,ON		appointment 519-786-5647
Aamjiwnaang First Nation	1300 Tashmoo Avenue Sarnia,ON		Call to book appointment 519-332-6770 Ext 305
<b>Oxford / Elgin</b>			
Woodstock Hospital	310 Julianna Drive Woodstock,ON	Monday-Sunday 10:00am-8:00pm	Call to book an appointment 1-855-905-6148
St.Thomas Elgin General Hospital	189 Elm Street St Thomas,ON	Monday-Sunday 8:00am-6:00pm	By Appointment Only 519-631-2030 Ext.6210
Tillsonburg District Memorial Hospital	167 Rolph Street Tillsonburg,ON	Monday-Friday 8:00am-4:00pm	Call to book an appointment 1-855-905-6148
<b>Huron Perth</b>			
Stratford General Hospital (West Building Outpatient Clinic)	46 General Hospital Drive Stratford,ON	Monday-Friday 10:30am-9:30pm	Call to book an appointment 519-272-8210 Ext2747
Listowel Memorial Hospital	255 Elizabeth Street Listowel,ON	Monday-Saturday 2:00pm-7:00pm	Please call between 10am-2pm to book appointment 519-291-3120 Ext6900
Goderich Kinsmen Centre	185 Keays Street Goedrich,ON	Monday-Friday 10:00am-4:00pm	By appointment only 519-524-6060 Ext 263