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# MEMO

**Date:** November 21, 2022  
**To:** Prairie Spirit Staff  
**From:** Darryl Bazylak, Director of Education  
**RE:** **SHA update**

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The health and wellness of our students, staff and community is of the utmost importance to Prairie Spirit. As a result of the COVID-19 pandemic, we are now more aware of sickness and symptoms. There is an increased level of illness in our school communities right now and this is challenging our day-to-day school operations. Our priority is maintaining in-person learning in our schools and we hope that we can all work together to support this goal.

The Saskatchewan Health Authority (SHA) and our local Medical Health Officer have informed school divisions that there is a very active respiratory illness season upon us in Saskatoon and area. The SHA says there is more COVID-19 transmission in the community as we enter the colder months, and they predict a challenging respiratory season ahead.

The SHA recommends the following simple habits for avoiding illness/sickness:

- If you are sick, please stay home until you are fever free for 24 hours and your symptoms are improving
- Encourage regular and thorough handwashing for every member of the family
- Teach your child to “catch” their cough or sneeze in their elbow or in a tissue and then wash their hands
- Avoid sharing food and drink, including water bottles, utensils or any vaping devices
- Ensure your vaccinations, including COVID-19, are up to date

Thank you for your cooperation and take good care!

**Saskatchewan Health Authority and Government of Saskatchewan Resources:**

- [Germ Smart School | SaskHealthAuthority](#)
- [COVID-19 in Saskatchewan | SaskHealthAuthority](#)
- [Conditions, Diseases & Services | SaskHealthAuthority](#)
- [Influenza Cases in Saskatchewan, Get Your Flu Shot Today | News and Media | Government of Saskatchewan](#)
- [CRISP \(Community Respiratory Illness Surveillance Program\) | Saskatchewan Ministry of Health Plans and Reports | Government of Saskatchewan](#)

# Healthy Habits

01

## If you're sick, please stay home



Stay home until fever free for 24 hours and symptoms are improving

02

## Wash your hands



Wash your hands thoroughly throughout the day

03

## "Catch" your cough or sneeze



Cough and sneeze into your elbow or a tissue then wash your hands

04

## Avoid sharing food/drink



Don't share food, drinks, utensils, cigarettes or vaping devices

05

## Stay up to date with vaccinations



Ensure you are up to date on all vaccinations, including COVID-19



PRAIRIE SPIRIT  
SCHOOL DIVISION