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Friday, October 1, 2021

Dear Prairie Spirit families:

**Re: Self-Testing Program for Schools – Fall 2021**

The provincial government is providing COVID-19 rapid testing kits for families to use at home to test children under the age of 11 who are not yet eligible for vaccination.

These rapid tests use a gentle nasal swab and can be administered at home. The kits are offered free of charge to families who are interested in testing their children at home.

These kits are currently being delivered to schools throughout the province. We expect Prairie Spirit schools will receive the kits during the week of October 4.

If you are interested in using a testing kit in your home, you can ask the school to send a kit home with your child or pick up a kit from the school. Please note: there will be a limited number of kits available at each school.

More information about rapid testing is available on the government's website:

[Rapid Testing in Schools | Testing Information | Government of Saskatchewan](#)

The Ministry is also providing *Parent Information Sessions* on Tuesday, October 5 at noon and 6 p.m. You will find more information about these sessions on page 3 of this letter: **COVID-19 and Children**.

Thank you for your assistance as we work together to support student learning and keep our communities safe.

Sincerely,

Darryl Bazylak  
Director of Education

# COVID-19



TEST TO PROTECT 

## Positive Self-Test Results Guide



If any member in your home has a **positive** self-test (two red lines), please follow these steps:

### #1 Call HealthLine 811

Please call HealthLine 811 to report the positive self-test and for further direction on masking and isolation.

### #2 Arrange a Second Test

When you call HealthLine 811 they will help you set up an appointment to receive a lab test (PCR test) at a local COVID-19 testing site in your community to confirm the positive COVID-19 self-test result.

### #3 Isolate or Wear a Mask

**Not Fully Vaccinated:** For those who are not fully vaccinated or not able to be vaccinated, **please isolate immediately** to help stop the spread of COVID-19 to others. We know that this is hard and can present difficulties, but it's the best thing you can do to protect the health of your family, friends, and community.

**Fully Vaccinated:** For those who are fully vaccinated, **please wear a mask** to help stop the spread of COVID-19 to other. Wearing a mask is the best thing you can do to protect the health of your family, friends and community.

### #4 Create a Contact Tracing List

Please start making a list of where you have been and who you have been in contact with over the past 14 days to help Public Health.

When a member in your home has **positive** self-test results (two red lines), all members within the household are recommended to follow step #3 to help protect the health of your family, friends and community. For additional information, please visit [Saskatchewan.ca/covid19-testing](https://saskatchewan.ca/covid19-testing).

If you don't have any symptoms, it is important that you watch closely for any symptoms to develop in your child, yourself or in the other members of your home.

- If you have a thermometer, take your child's temperature twice a day to see if they develop a fever
- Other symptoms to monitor include cough, chills, difficulty breathing or shortness of breath



# COVID-19 and Children

With children in school it is important to remember that COVID-19 is still impacting the health of communities. The Delta variant is showing to be more infectious to both adults and children. Saskatchewan pediatricians (moms & kids Health Saskatchewan) encourage you to continue watching for COVID-19 symptoms in children and consider adding testing to your daily routine.

## Self-Testing Program for Schools Fall 2021:

- Is available in schools for families with children 11 years old and younger
- Gentle and easy to use nasal swab, instructions are provided in the testing kit
- Kits are free
- Provides early identification of COVID-19, reducing outbreaks where kids live, work and play

## COVID-19 in Children:

Symptoms of COVID-19 and cold and flu can be found here: [www.canada.ca/flu](http://www.canada.ca/flu)

### Monitor Daily for COVID-19 Symptoms:

- |                  |              |
|------------------|--------------|
| Fever            | Cough        |
| Sore throat      | Diarrhea     |
| Nausea, vomiting | Stomach pain |
| Fatigue          |              |

### Other symptoms to watch for:

- Rash
- Headache

**Most children have no symptoms or mild symptoms**

It is hard to know the difference so **TEST and TEST OFTEN**

Testing is an important layer of protection for you and your family and we recommend testing twice per week. We **STRONGLY ENCOURAGE** all household members who may have COVID-19 symptoms to call HealthLine 811 to arrange for a lab (PCR) test at a local COVID-19 testing site in your community or drive-thru testing site if available in your area.



### Parent Information Session

Oct 5 @ 1200



Oct 5 @ 1800



## How Best to Protect Children:

- get vaccinated if you are eligible (12 years and older)
- participate in at home self-testing for COVID-19
- wash your hands often
- wear a mask
- stay home if you are sick
- symptomatic testing requires a lab (PCR) test
- physically distance when you can
- clean and disinfect high-touch surfaces everyday

### For More Information Follow These Links



[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)



Self-Testing at Home