



1585 Summit Drive  
Kamloops, BC  
V2E 1E9  
Directrice: Mme Susie Mabee  
[smabee@sd73.bc.ca](mailto:smabee@sd73.bc.ca)

Telephone: (250) 374-2451  
Fax: (250) 377-2229  
<https://south-sahali.sd73.bc.ca/en/index.aspx>  
Directrice Adjointe: Mme Leah Clare  
[lclare@sd73.bc.ca](mailto:lclare@sd73.bc.ca)

Monday, October 4, 2021

## Important Health and Safety Update

Good evening parents,

As I am sure you have already heard, Education Minister Jennifer Whiteside and Provincial Health Officer Dr. Bonnie Henry today announced updates to the [Public Health Communicable Disease Guidance for K-12 Schools](#) and the [Provincial COVID-19 Communicable Disease Guidelines for K-12 Settings](#) to require masks for students in Kindergarten to Grade 3.

The rollout will begin on Monday, October 4 when **all students** in B.C. schools will be required to wear a mask when inside a school building, **including** while at their desks and on buses. This measure builds on the existing guidelines that currently apply to all students in Grades 4 to 12.

Pediatric masks have been ordered; however, they will surely not arrive to school by Monday morning. We do have some disposable masks for them to use, but the fit will not be great. If you have a mask for your child/ren, please send it with him/her/them to school. As with anything you send to school, we ask that it is labelled with their first and last name so that it can be returned to him/her/them in the event that it gets lost or misplaced.

I also ask you to take a close look at the Daily Health Check that is included here as well. The most effective way to keep everyone at school safe and healthy during this health crisis and during cold and flu season is to keep your child/ren home when he/she/them are ill.

As much as we had hoped COVID was in the rearview mirror, it is still here and causing lots of inconvenience. Teachers will continue to do some outdoor learning, particularly when the weather is so nice, in order to get some fresh air and breaks from wearing masks more frequently.

As always, if you have any questions, please don't hesitate to reach out to me either via e-mail or phone.

Sincerely,

Susie Mabee



# DAILY HEALTH CHECK

Staff, Students and Visitors

**Staying home when you are not feeling well is a critical step in communicable disease prevention.**

KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C)	<b>If yes to 1 or more of these symptoms:</b> Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
Chills	
Cough	
Difficulty breathing	
Loss of sense of smell or taste	
OTHER SYMPTOMS	WHAT TO DO
Sore throat	<b>If yes to 1 symptom:</b> Stay home until you feel better.
Loss of appetite	
Headache	<b>If yes to 2 or more of these symptoms:</b> Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
Body aches	
Extreme fatigue or tiredness	
Nausea or vomiting	
Diarrhea	
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	<b>If yes:</b> Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the <a href="#">fully vaccinated traveller exemption</a> . Students, staff and other adults who are not <a href="#">fully vaccinated</a> and have travelled outside of Canada <b>CANNOT attend school for 14 days after arrival</b> , as part of <a href="#">federal requirements</a> .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	<b>If yes:</b> Follow the instructions provided by Public Health.

You can also check your symptoms with the [K-12 Health Check](#) or the [BC Self-Assessment Tool](#).

Call 8-1-1 with any questions about symptoms of illness. If you have severe symptoms, like difficulty breathing (struggling to breathe or you can only speak single words) or chest pain, call 9-1-1 or go to the nearest Emergency Department. Visit the [BC Centre for Disease Control website](#) for more information on COVID-19.

**Keep this copy as a reference**

*Updated September 27, 2021*