

Guidance for Preventing the Spread of Illness



Over the past two years, Palliser School Division has implemented safety protocols to support a healthy and safe environment for students and staff. We are continuing to implement a number of safety protocols this school year to mitigate the spread of COVID19 and other illnesses in our division. These protocols are based on guidance for preventing illness from Alberta Public Health. Working together, we can help our schools stay healthy and continue to protect our staff, students and communities.

We will continue to support the following approaches to ensure the safety of students and staff:



Stay home when sick:

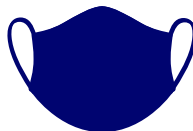
A daily check for symptoms of common illness and staying home when unwell is one of the most effective ways to curb the spread of common viruses. For more information on symptoms and advice, please visit AHS Symptoms.



Frequent hand washing:

Hand hygiene is another critical tool for stopping germ spread. Staff and students are encouraged to wash or sanitize their hands frequently throughout the day, with particular emphasis on:

- Entering the school
- Before and after eating
- After using the washroom
- Before and after using common equipment



Masking:

Wearing a mask is a personal choice and students will be supported in their choice. Alberta Health Services lists masks as a tool that can help reduce the risk of spreading illness and reducing risk of personal infection. Disposable masks continue to be available at our schools for anyone who requests one.



Air Quality:

During the pandemic, measures were taken to improve airflow and quality. Higher quality filters installed in the Air Handling Units

- Increase the operation time of air filtration systems
- Portable air filtration systems when needed
- Opening a window, if the temperature allows
- Continuing to bring in a higher percentage of outside air
- Manufacturers' recommendations followed



Cleaning and disinfecting:

The Division continues to follow enhanced cleaning protocols developed over the pandemic. Frequent touch surfaces, such as door handles, hand rails and water fountains will be sanitized throughout the school day.



School Gatherings:

In person celebrations were missed over the pandemic, and we are very pleased to be moving back to gathering together. To ensure the success of these events, and to keep families healthy over the holiday season, please consider keeping your students and family members who are showing signs of illness home. Those who attend in person can help by practicing good hand hygiene.



Further Resources:

We encourage you to review individual school policies regarding illness.

AHS Guide for Outbreak Prevention and Control in Schools:

<https://www.albertahealthservices.ca/assets/healthinfo/flu/hi-flu-schools.pdf>

AHS Guide for Hand Washing:

<https://www.albertahealthservices.ca/assets/healthinfo/ipc/if-hp-ipc-flu-handwash-how-to.pdf>

AHS Respiratory Illness Assessment:

<https://myhealth.alberta.ca/Journey/COVID-19/Pages/COVID-Self-Assessment.aspx>