

Now that your child is back in school...

Parents may have anxiety about their children being back in school. As much as we are able, we would like to allay your concerns. Your family doctors and primary care network have been at the front line of this pandemic since the beginning. It was unknown territory months ago, but physicians are confident in their ability to manage outbreaks in our community.

Make 811 your first call if your child has any COVID-related symptoms.

Include your doctor. He or she knows your history, and can help alleviate apprehension. Doctors utilize a pathway that is invaluable in determining a patient's likely COVID status.

Your doctor works closely with the PCN, which provides additional resources for you, including:

- Nurses who provide COVID education and follow-up, isolation precautions and education, and complex care, to name a few.
- Counsellors for you or your child, if either of you have anxiety, stress or depression.
- Social workers and nurses who access support for social determinants of health, and the navigation to resources; for example, do you need to deal with increased conflict in the home?
- Exercise specialists. Exercise relieves stress, promotes an upbeat mood, and keeps COVID pounds from creeping on!

Between your family doctor, and the primary care network, you get coordinated services, enhanced care, and access to additional community resources.

That's a bit of an overview of what your family doctor and your PCN can do.

Here's what we encourage you to do!

- Keep a child with symptoms at home.
- Do a daily symptom check for cough, fever, runny nose, etc. Do the [online check](#) if you prefer.
- Get flu shots for everyone in the family. It will help prevent the types of symptoms that will necessitate a test for COVID-19.
- If resources allow, send your child to school with the mask they're wearing as well as a spare to change into for the afternoon.
- Tell your child to use - often! - the hand sanitizer available in school, and to wash hands at every opportunity.
- Let your child know how important it is to maintain physical distance as much as possible, and to follow the teacher's and school's lead.

Evidence has shown that viral load is low in young children, so they transmit the virus less than adults. While we are hoping not to see large numbers of new coronavirus cases, these guidelines can help keep numbers at a minimum.

Stay diligent, so we can all stay healthy!

Don't have a doctor? Try albertafindadoctor.ca or call your PCN.



DO: Be aware of Alberta's guidelines and your school's COVID-19 protocols

Don't: Contact your family doctor for a medical note for a mask exemption — most schools do not require a medical note

DO: Help your child self-isolate and follow provincial guidelines if they have symptoms

Don't: Book an appointment with your family doctor if your child has mild symptoms

DO: Call your family doctor if your child is getting unwell or their symptoms don't make sense to you

Don't: End self-isolation early. It's important to protect others

DO: Go online or call 811 to inquire about symptomatic or asymptomatic COVID-19 testing