

Hello Hugh Sutherland,

I am your Public Health School Nurse. Welcome back to school!

Things look a bit different this year, but all of these changes are here to keep you safe and healthy! I will post a message monthly- or more frequently as needed. These messages might be links to resources, websites, reminders, health tips etc.

Staff, students and parents can contact me with questions or concerns via telephone 403-335-2550 or email jasmine.buchanan@ahs.ca

~Jasmine~



September 2020

The three *most important* messages we can give to our staff and students are:

1) **PROTECT YOUR FACE!** Your face is the primary source of infection. Whenever we touch our face (scratch our nose, rub our eye, touch or mask etc.) we *NEED* to be cleaning our hands before *AND* after.

2) **STAY HOME IF YOU ARE ILL!** Complete the Assessment Tool Daily provided by the school or online at [COVID-19 Self-Assessment](#).

Stay home until symptoms resolve or as directed by AHS [Isolation requirements | Alberta.ca](#). Book a Covid 19 Swab via [novel coronavirus \(COVID-19\) Testing / Online Booking](#) and contact Health Link 811 if you have questions or concerns.

3) **BE KIND AND FLEXIBLE!** This is new to us all and we are learning and navigating to the changes together.

Here are some helpful Covid 19 related resources for Parents:

[Alberta Government: K-12 Re-Entry](#)

[COVID-19 information : parents' guide 2020-21 school year - Open Government](#)

