

Niagara Region Public Health

School Health Newsletter



COVID-19 Update

The Niagara Region Public Health [Schools & Child Care During COVID-19](#) webpage provides Niagara specific guidance for schools and childcare settings, along with helpful resources to support parents/caregivers.

Public Health recommends all eligible individuals be vaccinated against COVID-19. Vaccination is the best line of defence for preventing COVID-19 in the school and childcare setting. Visit a [Niagara Region Public Health COVID-19 Vaccination Clinic](#), book an appointment online through the provincial portal at [Ontario.ca/bookvaccine](https://ontario.ca/bookvaccine) or call the booking system at 1-833-943-3900.

For up-to-date information on COVID-19 and vaccine eligibility, please visit the Niagara Region Public Health's [website](#), [Facebook](#), [Twitter](#) and [Instagram](#). Public health professionals are available to answer any questions through the COVID-19 Info-line Monday to Friday, 8:30 a.m. to 4:15 p.m.

- 905-688-8248 or 1-888-505-6074, press 7
- [COVID-19 Info-Line wait times](#)
- [Chat online](#) in 90 different languages with auto-translate

International Travel

To help prevent the spread of COVID-19 and variants in Canada, the Government of Canada has put additional measure under the Quarantine Act. For more information, please visit [Mandatory Requirements FOR UNVACCINATED CHILDREN](#)

Unvaccinated children 11 years and under AND unvaccinated youth aged 12 – 17
For 14 days after arrival back in Canada, the child must not :
<ul style="list-style-type: none">✘ attend school, camp or day care✘ attend a setting where they may have contact with vulnerable or immune compromise people (e.g., long-term care facility), regardless of that person's vaccination status or public health measures✘ travel on crowded public transportation (i.e. bus, subway, train)✘ attend large crowded settings, indoors or outdoors, such as an amusement park or sporting event

- [International travel \(land & air\) - Children](#)
- [Travel Advice and Advisories \(Travel.gc.ca\)](#)

COVID-19 Testing – Which type of test is required?

Below is a chart that outlines the two most common tests used to detect COVID-19.

Although these tests are confusing, we can help shed some light on the difference between the COVID-19 Rapid Antigen and the polymerase Chain Reaction test, most commonly called the PCR test.

COVID-19 lab-based PCR test*
<ul style="list-style-type: none">• If a child has COVID-19 symptoms• If a child is a high-risk contact of someone with COVID-19• If a child tested positive on a rapid antigen test

Rapid Antigen Test

- Only for screening a child who does **not** have COVID-19 symptoms

If a child tests positive on a rapid antigen test, they must isolate and [have a lab-based PCR test](#) within 48 hours to confirm the positive result.

* This is the most accurate type of test for COVID-19

For more information, visit <https://www.niagararegion.ca/health/covid-19/testing.aspx>

Celebrating safely – tips and reminders

This holiday season, we are encouraging the families to enjoy the holidays while being mindful of COVID-19 precautions. It is important that families continue following Public Health guidelines when gathering with those who do not live in the same household

[Guidelines for hosting indoor and outdoor gatherings](#)

[When to wear face coverings](#)

When gathering indoors: with a group of fully vaccinated individuals , you may consider removing your face covering if everyone is comfortable	When gathering outdoors with a group of fully vaccinated individuals , no face covering or physical distancing is necessary
with people from multiple households who are unvaccinated, partially vaccinated or status is unknown , you should wear a face covering and physically distance	with people from multiple households who are unvaccinated, partially vaccinated or vaccination status is unknown , you should consider wearing a face covering if physical distancing cannot be maintained

For more information on staying safe, please visit: [How to Protect Yourself and Others](#)

Mental Health during the Winter Break

With the winter break around the corner, it is important to still keep in mind that the pandemic has not disappeared and taking care of our mental health is still very important. Winter can be more difficult for others due to the time change and having less exposure to daylight. Some may experience mental health impacts, such as sleep disturbances, low interest in activities, fatigue, and irritability (CMHO, 2021). Check out the PDF [Putting Your Family's Mental Wellness First - 7 Tips to get Ready for the Holidays](#), with winter mental health tips created by Children's Mental Health Ontario and School Mental Health Ontario.

Resources:

<https://www.family.cmho.org/mental-health-ready-for-the-holidays/>

<https://www.family.cmho.org/winter-mental-health-tips/>