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November 21, 2022

Dear Prairie Spirit families:

The health and wellness of our students, staff and community is of the utmost importance to Prairie Spirit. As a result of the COVID-19 pandemic, we are now more aware of sickness and symptoms. There is an increased level of illness in our school communities right now and this is challenging our day-to-day school operations. Our priority is maintaining in-person learning in our schools and we hope that we can all work together to support this goal.

The Saskatchewan Health Authority (SHA) and our local Medical Health Officer have informed school divisions that there is a very active respiratory illness season upon us in Saskatoon and area. The SHA says there is more COVID-19 transmission in the community as we enter the colder months, and they predict a challenging respiratory season ahead.

The SHA recommends the following simple habits for avoiding illness/sickness:

- If your child is sick, please keep them at home until they are fever free for 24 hours and their symptoms are improving
- Encourage regular and thorough handwashing for every member of the family
- Teach your child to “catch” their cough or sneeze in their elbow or in a tissue and then wash their hands
- Avoid sharing food and drink, including water bottles, utensils or any vaping devices
- Ensure your vaccinations, including COVID-19, are up to date

Thank you for your cooperation and take good care!

Sincerely,

Darryl Bazylak, Director of Education

Saskatchewan Health Authority and Government of Saskatchewan Resources:

- [Germ Smart School | SaskHealthAuthority](#)
- [COVID-19 in Saskatchewan | SaskHealthAuthority](#)
- [Conditions, Diseases & Services | SaskHealthAuthority](#)
- [Influenza Cases in Saskatchewan, Get Your Flu Shot Today | News and Media | Government of Saskatchewan](#)
- [CRISP \(Community Respiratory Illness Surveillance Program\) | Saskatchewan Ministry of Health Plans and Reports | Government of Saskatchewan](#)

Healthy Habits

01

If you're sick, please stay home



Stay home until fever free for 24 hours and symptoms are improving

02

Wash your hands



Wash your hands thoroughly throughout the day

03

"Catch" your cough or sneeze



Cough and sneeze into your elbow or a tissue then wash your hands

04

Avoid sharing food/drink



Don't share food, drinks, utensils, cigarettes or vaping devices

05

Stay up to date with vaccinations



Ensure you are up to date on all vaccinations, including COVID-19



PRAIRIE SPIRIT
SCHOOL DIVISION