

BY EMAIL

February 24<sup>th</sup>, 2021

To all parents

**Re: For a pleasant spring break and safe return to school**

Dear parents,

As Spring Break approaches, and on behalf of myself and the DRSP, I want to thank you again for all the efforts you are making to follow health measures in this still difficult and uncertain context.

**SPRING BREAK – SAFE ACTIVITIES FOR FAMILIES**

Spring Break will give young people a well-deserved breather, now that they have shown their capacity to adapt and their exceptional determination. However, the COVID-19 pandemic is still with us and we must redouble our efforts to avoid spreading the virus. But you can still make the most of this break. Here is a list of places and activities that young people and their families (maximum 8 people) are permitted to access:

- Outdoor activities in parks
- Skating rinks and arenas
- Nature parks
- Biodome and botanical garden
- Swimming pools
- Libraries
- Museums
- Movie theatres

The City of Montréal suggests a series of outdoor family activities to do during Spring Break. In some big parks, equipment is available for free for people under 18 years old. For more details go to the City's Website ([HERE](#))

Linked cities also offer a variety of activities locally.

...2

## THE NEED TO FOLLOW PUBLIC HEALTH DIRECTIVES

The situation is still fragile, especially with the arrival of variants. I want to remind you how important it is to comply with these directives:

- Limit gatherings of young people
- Respect the prohibition against gathering indoors
- Keep a 2-metre distance (6 feet) away from other people at all times and wear a mask
- In case of COVID-19 symptoms: get tested quickly and stay in isolation until you get your result
- Avoid contact with people vulnerable to COVID-19: people aged 70 and over – people with weakened immune systems – people with chronic diseases or other risk factors

## PREPARING TO RETURN TO SCHOOL: REMINDER OF THE GUIDELINES

**To make sure that going back to school is as safe as possible for everyone, we remind you not to send your child to school if he or she has flu symptoms (e.g. fever or cough):**

**A- What are the symptoms of COVID-19:** For more information about the symptoms that indicate your child should stay home:

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/symptoms-transmission-treatment/>

**B- When to get tested:** If your child has symptoms of COVID-19, it is recommended that he or she get tested **as soon as possible and before going back to school.**

Sincerely,

Mylène Drouin



Regional Director of Public Health