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August 27, 2021

Attention all parents

Subject: COVID-19 - Back to school 2021

Dear Parents,

For the second year in a row, we are starting a new school year in the era of COVID-19. For eighteen months now, our daily life and that of our children have been turned upside down. Good collaboration between families, schools and the community on prevention and protection measures remains essential to regain a certain normality in the school environment.

In addition to the importance of adhering to basic sanitary measures such as hand washing at all times, you should also be sensitive to times that may be more risky for your child, including:

- during meals (for contacts at the same table);
- during physical education classes (absence of the procedure mask);
- during extracurricular activities with physical activity (absence of the procedure mask);
- in class, during an episode of extreme heat (removal of the procedural mask will be allowed);
- in preschool class (absence of the procedure mask);
- when the procedure mask is not worn properly.

Note that it is essential to isolate your child at home and to notify the school if the child has symptoms similar to those of COVID-19. Please refer to the COVID-19 Symptom Self-Assessment Tool if applicable.

In addition, vaccination against COVID-19 is the best way to protect your child and your family. The Covid-19 vaccine is an effective and safe way to protect your child from the complications and side effects of the disease. From a collective point of view, vaccination also helps protect the most vulnerable people around you. For this purpose, it will be important that your child (13 years of age and over) has his two doses of the COVID-19 vaccine. Moreover, this vaccination is required to participate in certain extracurricular and sports activities. The list of activities affected by this measure can be found [here](#). If you haven't already done so, we invite you to make an appointment now for you and your children aged 12 and over in one of the vaccination clinics located in Montérégie by clicking here. You can also go to a walk-in vaccination clinic.

For more information, you can consult the website: santemonteregie.qc.ca/vaccination-contre-la-covid-19-en-monteregie. For any concerns regarding the COVID-19 vaccination, you can reach a nurse at any time at 811 or write to the email address mepi.dspu.cisssmc16@ssss.gouv.qc.ca. A nurse will be happy to answer your questions as soon as possible, during working days.

We thank you for your collaboration. Together, we will make this pandemic a story of the past.

Regards,

The Director of Public Health of Montérégie,

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