

# Return to School During the COVID-19 Pandemic

## General recommendations for Solid Organ Transplant recipients and families

**Important:** This is general advice for organ transplant recipients regarding return to school during the COVID-19 pandemic. Speak with your health care team about your specific situation and needs.

The COVID-19 pandemic is ongoing. These recommendations may change with the situation.

### Important considerations

It is important to take precautions to lower your risk of getting COVID-19. People who had a transplant are more likely to have other medical problems that place them at higher risk of developing more severe symptoms and health problems from COVID-19 that could result in death.

We don't yet know how returning to school will affect the spread of COVID-19. Lower your risk of getting COVID-19 by:

- practicing physical distancing (keeping 2 metres apart from other people)
- wearing a non-medical mask or face covering
- washing your hands often with soap and warm water and wash for at least 20 seconds or use alcohol-based hand gel that contains at least 70% alcohol
- using a separate bathroom if you have one

Get tested for COVID-19 right away if you develop a symptom of COVID-19 or spend time with someone who has symptoms.

Pay attention to notices from your school board and from public health.

## **I am a transplant recipient and live with school-aged children. Should they go to school in person?**

We recommend keeping children home and attending school virtually for the first semester or more if this is an option for you.

If children are going to school in person:

- Ask about your school's plan for masking and physical distancing.
- Encourage children to take precautions while at school, such as:
  - wearing a mask or face covering.
  - washing their hands often.
  - not sharing their personal belongings or food with others.
- Help children monitor themselves for symptoms. Younger children will need to be monitored by their caregiver. If your child develops symptoms, follow public health guidelines. Have them tested for COVID-19 and keep them out of school till their symptoms have resolved. Try to see if someone else can be their primary caregiver.
- Practice precautions at home, such as:
  - reminding everyone to wash their hands often
  - cleaning surfaces often
  - having different hand towels in the bathroom for each person
- Have everyone in your household get the influenza (flu) vaccine.
- Take the children out of school if your school reports a case of COVID-19. Keep them home until the school has no new cases for at least 2 weeks.

## **I am a transplant recipient and work in a school. Should I return to work?**

We recommend working remotely for the first 1 to 2 months if this is an option for you.

- Avoiding physical contact with children is difficult if you are a pre-school teacher. Speak with your employer to see if you can work remotely or in another position.

If you return to work in person:

- Ask about your school's plan for masking and physical distancing.

- Do your best to make sure everyone is physical distancing, wearing a mask or face covering and washing their hands often.
- Avoid going to school if your school reports a case of COVID-19. Do not return until the outbreak is over.

### **I am a transplant recipient and a high school, college or university student. Should I attend school?**

We recommend attending school virtually for the first semester or more if this is an option for you.

If you return to school in person:

- Ask about your school's plan for masking and physical distancing.
- Do your best to make sure everyone is physical distancing, wearing a mask or face covering and washing their hands often.
- Avoid going to school if your school reports a case of COVID-19. Do not return until the outbreak is over.

### **Questions?**

If you have any further questions, please contact your transplant coordinator.