

# COVID-19 Pandemic Response 2020

## *Information for LPSD Staff*

### What is COVID-19?

According to the Government of Saskatchewan, COVID-19 is a new virus that has not been previously identified. At present it is causing mild to moderately severe symptoms and some deaths. The virus spreads through close person-to-person contact. Research continues to be done on this virus.

### What are the symptoms of COVID-19?

Common signs include respiratory symptoms: fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome, kidney failure and even death. Older people or those with chronic illnesses may be at higher risk for a more severe form of the disease.

### How can I help stop the spread?

- Practise proper cough and sneezing etiquette (into the bend of your elbow);
- Wash your hands often with soap and water; if soap and water are not available, use an alcohol-based hand sanitizer;
- Avoid touching your eyes, nose and mouth with unwashed hands;
- Clean and disinfect your home regularly;
- Maintain safe food practices;
- Avoid close contact with people who are sick;
- Avoid unnecessary travel to affected areas; and
- Avoid large crowds and practice social distancing (do not shake hands, hug or kiss).

At Lloydminster Public, our top priority is the health and wellness of our staff and their families. We are proud of the dedication and support our staff have shown through this difficult time. During the global COVID-19 pandemic, staff may be experiencing anxiety and worry, including those who do not normally suffer from anxiety. Whether, you are coping with loneliness, your health or your families, LPSD is committed to providing resources for all staff to support their health and wellness. Because we care about you, please consider the following ideas to support you and your family.

## How can I support my mental health?

- **Practice self-care:** It is important to engage in healthy and relaxing activities that you enjoy. Consider a wide variety of fun, intellectually stimulating, and physically active options such as reading for professional growth or leisure, cooking, practicing yoga, exercise, meditation, and spending time in nature.
- **Practice self-compassion:** Even those who don't typically struggle with anxiety may experience increased anxiety during uncertain times so don't be hard on yourself if you are feeling more worried or anxious than usual.
- **Stay connected:** It is important to stay connected with family and friends whether that is through phone calls, FaceTime, etc.
- **Establish and maintain healthy routines:** Keeping similar routines and developing healthy new routines helps provide predictability and a sense of safety for you and your family.

## What are some self-care tips to practice?

- **Get your body moving:** Exercising daily can help both your mental and physical health.
- **Take breaks in your day:** During your busy work day it is important to take breaks and refocus.
- **Get outside:** Take a walk or hike while practicing social distancing can help reduce stress.
- **Cook at home:** Consider making a healthy meal for you and your family.
- **Get a good night's rest:** Sleep is an important part of your health and can have an effect on your emotional and physical wellbeing.

## Wellness Resources:

Anxiety Canada  
[anxietycanada.com/learn-about-anxiety/anxiety-in-adults/](https://anxietycanada.com/learn-about-anxiety/anxiety-in-adults/)

Lloydminster Mental Health Navigation Tool  
[lloydminstermentalhealth.ca/](https://lloydminstermentalhealth.ca/)

Lloydminster Public  
[lpsd.ca](https://lpsd.ca)

As many LPSD staff continue to work from home, we have compiled a list of helpful tips to keep each of you engaged and maintain a focused work day.

## Tips for working from home:

- **Maintain regular hours:** It is important that staff continue to work their regular hours as if they were in school or in the office. That being said, working from home allows staff to be flexible in their schedule which could mean starting your day early or extending your day.
- **Have a dedicated office space:** Creating an environment that is dedicated to work will make it easier to focus, as well as separate your work life from your personal life. It may not be possible for everyone to find the space in their home for a separate office so instead use an area of your home that you can easily transition from personal to work.
- **Take breaks:** Schedule breaks when possible to focus on your mental health for example, during your lunch hour go for a walk or take a 15 minute break away from your laptop or phone.
- **Connect with your colleagues:** Keeping connected to colleagues can help combat loneliness and isolation. Set up meetings with video conferencing to discuss updates and issues that may come with working remotely.
- **Take sick or personal days:** If you are not feeling well or need a personal break don't hesitate to take the day off while making sure to mark your absence in SRB.
- **Create a morning or end of day routine:** Creating consistency in your day can help reduce stress and guide your work day. It can be simple as shutting down your computer at the end of the day or making a cup of coffee in the morning. Whatever will help you indicate the start and end of your work day will be useful in maintaining a work/life balance.
- **Don't hesitate to ask for help:** Whether you need help with technology or social media don't be afraid to ask others in the organization using the proper LPSD procedures.
- **Communicate:** Working remotely requires you to communicate more than usual. Make sure to inform people that need to know of your schedule and availability. When you finish a task or have an idea let others know.
- **Keep a schedule:** Creating a schedule for your meetings or preparation work can help keep you focused during the day and at the task at hand. Don't worry about scheduling every little thing, but keep a note of the bigger items on your agenda.
- **Be positive and don't be too hard on yourself:** Working from home presents its challenges, but remember to be disciplined with your job in an unconventional space and try to stay positive during this time.

Currently, there is a lot of information related to COVID-19 out there. At LPSD, it is important that staff follow the direction of public health officials to help prevent the spread of COVID-19. Below is information from the Government of Saskatchewan pertaining to health recommendations and preventative measures for us to do our part in this pandemic.

## What is self-isolation?

Self-isolation plays an important role in preventing the spread of COVID-19. It means staying at home and avoiding situations where there is a potential to spread the infection to others such as work, restaurants, public gathering, etc. Public health officials recommend a period of 14 days to self-isolate if you have travelled outside the country, been in close contact with someone who has COVID-19, or as a precaution to reduce the risk of the spread.

## What is self-monitoring?

Self-monitoring means watching closely for symptoms in yourself or your family so you can identify signs of sickness. People who are self-monitoring do not have restrictions on attending work or school, but should avoid crowded public spaces and vulnerable people. Everyone should be self-monitoring and a plan to self-isolate should be in place if you develop symptoms.

## What is social distancing?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19. Public health officials recommend keeping a minimum of 2 metres from others when in the community. Avoid non-essential trips in the community, postpone gatherings, work from home if possible, conduct meetings virtually, etc.

## COVID-19 health resources:

Government of Saskatchewan  
[saskatchewan.ca/coronavirus](https://saskatchewan.ca/coronavirus)  
Saskatchewan Healthline 811

Government of Alberta  
[alberta.ca/coronavirus](https://alberta.ca/coronavirus)  
Alberta Health Link 811

# SOCIAL DISTANCING FOR LLOYDMINSTER PUBLIC FAMILIES

Social distancing means avoiding close contact with other to prevent the spread of COVID-19.

## NOT ALLOWED

- Playdates
- Sleepovers
- Group gatherings, outings and events
- Non-essential travel
- Playgrounds
- Group hangouts
- Parties
- Crowded retail stores
- Visitors in your home

## USE CAUTION

- Grocery Stores
- Take-out food
- Pick up medications
- Activities and sports outdoors alone or with members of your household
- Help someone in need or in self-isolation with essentials, groceries or medication (drop off at doorstep)

## SAFE TO DO

- Gardening and yardwork
- Play in your yard
- Essentials, groceries or medication delivered to your doorstep
- Group video chats
- Work from home
- Read a book
- Listen to music
- Play games with family
- Cook or bake

## [Updates for Lloydminster Public Families](#)

## [COVID-19 Information and Resources](#)

## [Educational Resources for Lloydminster Public Families](#)

“Ensuring Personal Excellence for All Students”



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