



NOTE: A person who had COVID-19 after December 20, 2021 is immune for 60 days. The person can return to school when his health condition permits.

SUMMARY OF GUIDELINES FOR INDIVIDUAL SHOWING COVID-19 SYMPTOMS OR WHO HAVE TESTED POSITIVE FOR COVID-19

An individual who develops COVID-19 **symptoms** must:

- **Self-isolate** for a minimum of 24 hours;
- **Immediately** undergo a **rapid test**, if available;
- If the first rapid test is negative, take a **2nd rapid test** 24 hours later.

The individual may return to school/work IF the 2nd rapid test is negative AND symptoms have regressed AND at least 24 hours have passed without a fever.

School personnel is given priority for PCR testing in screening centres. Refer to *Testing and Isolation Guidelines for Personnel*

ISOLATION GUIDELINES FOR THE INDIVIDUAL WHO TESTED POSITIVE OR THE SYMPTOMATIC INDIVIDUAL WHO DOES NOT HAVE ACCESS TO RAPID TESTS and thus cannot follow the guidelines above.

12 years old and older	Less than 12 years old	Students with special needs (21 years old and under) who are unable to wear a mask
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Adequately vaccinated	Self-isolation for 5 days* from the onset of symptoms. Mask and distancing for the next 5 days.	Self-isolation for 5 days from the onset of symptoms AND undergo a rapid test on <u>day 5</u> or after. • If the test is positive OR if a rapid test is not available: the isolation period continues for 5 additional days. (Another test can be undergone 24 hours later and isolation lifted if negative) • If the test is negative: the student can return to school*.	Self-isolation for 5 days AND undergo a rapid test on <u>day 5</u> or after. • If the test is positive OR if unable to undergo a rapid test: the isolation period continues for 5 additional days. (Another test can be undergone 24 hours later and isolation lifted if negative) • If the test is negative: the student can return to school*. Distancing for the next 5 days
	NOT Adequately vaccinated	Self-isolation for 10 days* from the onset of symptoms.	

*Isolation can be lifted IF symptoms have regressed AND at least 24 hours have passed without a fever.

For more details on isolation of positive or symptomatic cases, please visit: <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/consignes-isolement-personne-atteinte-covid-19>
 For isolation of travelers, please visit: <https://travel.gc.ca/travel-covid>



NOTE: A person who had COVID-19 after December 20, 2021 is immune for 60 days. The person can return to school when his health condition permits.

SUMMARY OF GUIDELINES FOR HIGH RISK or HOUSEHOLD CONTACTS OF COVID-19 CASES

If a household contact develops COVID-19 **symptoms**, he must:

- Undergo a **rapid test (or PCR if eligible*)**, if available;
- Continue to self-isolate
- If the first rapid test is negative, take a **2nd rapid test** 24 hours later.

The individual may return to school IF the (2nd rapid) test is negative AND his isolation period (below) is over AND symptoms have regressed AND at least 24 hours have passed without a fever.

***School personnel** is given priority for PCR testing in screening centres. Refer to *Testing and Isolation Guidelines for Personnel*

ISOLATION GUIDELINES FOR high risk CONTACTS or those WHO LIVE IN SAME HOUSE AS A COVID-19 CASE

12 years old and older

Less than 12 years old

Students with special needs (21 years old and under) who are unable to wear a mask

Adequately vaccinated

Self-isolation for 5 days from the same day as case*.

Monitor symptoms, mask and distancing for next 5 days.

Self-isolation for 5 days from same day as case AND undergo a rapid test on day 5 or later.

• **If the test is positive OR if symptoms develop:** the isolation period continues for 5 additional days. Follow the guidelines above.

• **If the test is negative:** the student can return to school*.

Self-isolation for 5 days AND undergo a rapid test on day 5 or later.

• **If the test is positive OR if unable to undergo a rapid test OR if symptoms develop:** the isolation period continues for 5 additional days.

• **If the test is negative:** the student can return to school*. Distancing for the next 5 days

NOT Adequately vaccinated

Self-isolation for 10 days from the same day as case.

*If individual remains asymptomatic.

For more information on testing for COVID-19, please visit: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/testing-for-covid-19>

For more information on isolation of contacts, please visit: <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/consignes-isolement-personne-en-contact-covid-19>



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