



GUIDE for COVID-19 CASES AND CONTACTS (Recommendations in force as of October 15, 2021)

Can a student attend school in the following situations?

Situations	Accept at school?	What to do?
<p>1. The student presents symptoms:</p> <p>For children 6 and over AND adults:</p> <p>A - One (1) of the following symptoms:</p> <ul style="list-style-type: none"> • Fever: 38.1 ° C (100.6 ° F) • Loss of smell, without nasal congestion • Cough (new or worse), no cause • Shortness of breath or difficulty breathing • Sore throat <p style="text-align: center;">OR</p> <p>B - Two (2) of the following symptoms:</p> <ul style="list-style-type: none"> • Headaches (unusual) • Intense fatigue • Significant loss of appetite • Generalized muscle pain • Nausea or vomiting • Diarrhea • Stomach ache <p>For children 5 and under:</p> <p>A - One (1) of the following symptoms:</p> <ul style="list-style-type: none"> • Fever (rectal temperature 38.5 ° C (101.3 ° F) • Cough, shortness of breath or difficulty breathing <p>C - One (1) of the following situations:</p> <ul style="list-style-type: none"> • Sore throat AND fever • Stomach ache, vomiting or diarrhea AND fever 	NO	<ul style="list-style-type: none"> • The student (regardless of protection*) is required to remain or go home • Parent contacts school administration • Public Health strongly recommends testing at the onset of symptoms (1 symptom from group A or at least 2 symptoms from group B or 1 situation from group C) • To find a testing clinic or to determine isolation requirement, contact: Info-COVID Line (514-644-4545) • The student remains in isolation while waiting for the test result • Family members DO NOT have to isolate while waiting for test result <u>except for children in daycare and preschool</u> • If testing is <u>refused</u>, the student has to isolate for 10 days after onset of symptoms. <p><i>*If only 1 symptom from group B is present (e.g. vomiting or diarrhea), then your child must stay home under observation. If symptom persists for more than 24hrs and other symptoms or fever develop, follow the recommendations on self-isolation and COVID-19 screening without delay. If no other symptoms develop, student can return to school when feeling better.</i></p> <p>(Attestation form required to return to school)</p>
<p>2. The student received a positive diagnosis for COVID-19</p>	NO	<ul style="list-style-type: none"> • Student stays in isolation for 10 days from onset of symptoms or date of test, if no symptoms. The isolation ends after 10 days AND no fever for 48hrs AND no symptoms for 24hrs. • If symptoms have not disappeared after 10 days (except for cough or loss of smell), contact the Info-COVID-line • The other household members also have to self-isolate <u>unless they are protected*</u>
<p>3. The student received a negative test for COVID-19</p>	It Depends	<ul style="list-style-type: none"> • If the student had <u>NO close (moderate or high risk) contact</u> with a COVID-19 case, then he may return to school when the symptoms have improved • If the student was in <u>close contact</u> with a case of COVID-19, he may not return to school and must observe the isolation period as per Public Health's instructions <u>unless he is protected*</u> <p>(Attestation form required upon return to school.)</p>
<p>4. The student lives with someone who was identified as a high or moderate risk contact at work or school and instructed to self-isolate. Student is a contact (c) of a contact (C)</p>	It Depends	<ul style="list-style-type: none"> • No isolation <u>unless unprotected* contact (C)</u> develops symptoms in which case <u>unprotected* family members</u> (contacts of contact (c)) have to isolate until 1st negative test of contact (C)
<p>5. The student lives with a positive case of COVID-19 or is a high or moderate risk contact of a case <u>outside school</u></p>	It Depends	<ul style="list-style-type: none"> • The student must self-isolate 10 days <u>if unprotected*</u> and possibly longer if living with the positive case • No isolation <u>if protected*</u> and asymptomatic. Monitor symptoms for 14 days. Wear a mask at all times until day 10. 2 screening tests recommended.
<p>6. The student has traveled outside the country in the last 14 days</p>	It Depends	<ul style="list-style-type: none"> • Travelers 12 and under (unprotected*) may not attend school until 14 days • Travelers over 12 who are <u>protected*</u> may attend school



7. The student is a moderate risk contact of a case at school	It Depends	<ul style="list-style-type: none"> • Isolation for 10 days <u>if unprotected*</u> • No isolation <u>if protected*</u>. • Monitor symptoms for 14 days. • Screening tests recommended on day 3 and 8
8. The student is a low risk contact of a positive case at school	YES	<ul style="list-style-type: none"> • The student can attend school. • The student has to monitor symptoms for 14 days • Screening test may be recommended on day 5

***PROTECTION STATUS**

A student is **protected** if:

- he had COVID-19 in the last 6 months OR
- he had COVID-19 more than 6 months ago AND received 1 dose of vaccine more than 7 days ago OR
- he received 2 doses of vaccine more than 7 days ago OR
- he received 1 dose of the Johnson & Johnson vaccine more than 14 days ago

Immunosuppressed individuals and children under 12 are considered not protected

Summary of Recommendations from Public Health according to type of contact*: (as of October 15, 2021)

*Risk subject to change. Each contact is evaluated and risk may differ depending on situation.

Contact (if asymptomatic)	Contact is Protected	Contact is Not Protected
<p>Low Risk Contact:</p> <ul style="list-style-type: none"> -Exposed $\geq 2m$ with no mask in a closed room -Exposed $\leq 2m$ for ≤ 15 min with no mask -Exposed $\leq 2m$ for ≥ 15 min while both case and contact wearing a mask <p>e.g.: outdoors, class, etc.</p>	<p>No Isolation</p> <p>Monitor symptoms for 14 days</p> <p>Wear a mask indoors at all times</p> <p>Screening test recommended</p>	
<p>Moderate Risk Contact:</p> <ul style="list-style-type: none"> -Exposed $\leq 2m$ for ≥ 15 min while contact and/or case was without mask -Exposed $\leq 2m$ for ≤ 15 min with physical contact (regardless of mask) <p>e.g.: preschool class, class with 2 or more cases linked (regardless of mask), etc.</p>	<p>No Isolation</p> <p>Monitor symptoms for 14 days</p> <p>Wear a mask indoors at all times</p> <p>2 screening tests recommended</p>	<p>Isolation <u>10 days</u> *</p> <p>Monitor symptoms 14 days</p> <p>2 screening tests recommended</p> <p><i>(*except for mealtime contacts)</i></p>