

Parent Information: COVID-19 Symptoms and Health Protocol

This document includes:

- Symptoms to monitor, procedures, protocols, and follow up
- Our school board's measures to support students and staff

The following is intended to support the monitoring for symptoms, and the steps to take in the event of the presence of COVID 19 symptoms in schools. **Any staff or student experiencing symptoms of COVID-19, must stay home or go home once observed.**

What are the symptoms to monitor?

COVID-19 related symptoms may include cold, flu or gastroenteritis like symptoms such as those listed below. Regular procedures for illness at school continue to apply. The health and safety of our school communities is a priority. Symptoms may vary from person to person. [*source](#)

Fever	<ul style="list-style-type: none"> • Fever = 38.1°C (100.6F) and above (or 1.2°C more than usual for individual)
Respiratory	<ul style="list-style-type: none"> • Onset or worsening of a cough • Difficulty breathing, shortness of breath • Sore throat • Runny nose or congestion
General	<ul style="list-style-type: none"> • Sudden loss of smell without nasal congestion, with or without loss of taste • Headache • Generalized muscle pain (not related to physical exertion) • Intense fatigue • Major loss of appetite
Gastro-intestinal	<ul style="list-style-type: none"> • Diarrhea • Vomiting • Stomach aches • Nausea

- Please consult the [provincial COVID-19 Self-Assessment tool](#) for up-to-date information.
- If your child has one of the symptoms in **bold** in the table above, or two of the other symptoms, they will be recommended to seek testing. Parents may complete the "Self-Assessment tool" online. It has been updated to reflect the changes to protocol.
- While awaiting results, all people living under the same roof as your child (even if they show no symptoms) will be required to remain in isolation at least until the child's test result is received and then follow the instructions provided. Public Health will contact you with the test results, and inform you of what you should know and what you need to do.
- If your child has one of the symptoms in **bold** or two of the other symptoms, and you decide not to get your child tested for COVID-19, your child must be isolated for 10 days from the

onset of symptoms AND continue until symptoms have improved. During this time, your child must not go to school (or daycare). If you do not seek testing, all people living under the same roof (even if they have no symptoms) will be required to quarantine for at least 14 days from when the child's symptoms first appeared. They must monitor for their own symptoms during this time.

- If your child has only one of the symptoms not in **bold**, your child must remain home and be observed for 24 hours. If after the 24 hours, the symptom is still present or if your child has an additional symptom, a test will be required.
- Parents may use the [self-assessment tool](#) or contact the COVID helpline (1-877-644-4545).

What is there to do in case of symptoms?

If a student presents with symptoms:

- The student will be taken to the identified isolation room and will be supervised by one adult (isolation room and PPE expectations outlined in CNESST protocol and Workplace Sanitary Standards Guide for Schools); student must wear mask while waiting; maintain stringent handwashing procedures, ventilation and PPE disposal and disinfection of area.
- Parent is called for pick-up (belongings to be given to parents in plastic bag)
- All members (children and adults) living in the same home will be required to go home and follow Public Health guidelines regarding self-isolation (see next section)
- Parent is instructed to contact COVID 19 helpline (1-877-644-4545) for further instructions (see cards and Public Health guides) or complete the 'Self-Assessment tool' online. The '*Parent Follow up Reminders*' sheet can be printed and provided for parents to take with them.
- Parents are provided a copy of the '*Attestation for return to school*' form and asked to send completed form to school when the child is ready to return.
- Areas where the student was located should be disinfected as per protocols for disinfection (see CNESST protocol for details)

If a staff member presents with symptoms:

- He or she must inform administration and follow HR procedures for staff presenting with symptoms. The staff member must call Public Health helpline (1-877-644-4545) and follow the instructions provided.
- Areas where the staff member was located should be disinfected as per protocols for disinfection (see CNESST protocol for details)

What's next?

- Public Health is responsible for all follow up in regards to possible testing, and further investigations. Schools do not take any further interventions without direction from Public Health.
- If a case is confirmed, Public Health is responsible for any and all follow up. A senior administrator will be contacted if there is a confirmed case in one of our schools, and then the school administrator will be informed.
- In the event of a confirmed case, those who are considered at moderate or high risk due to contact, will be contacted, provided a Public Health letter by the school and will be asked to leave and to seek testing. All parents and staff will be informed, via a letter from WQSB/Public Health, if a case is confirmed in their child's school. Any further instructions will be provided by Public Health.

- If there are several cases of COVID-19 in the same class or if the outbreak involves several classes, the regional public health authorities will collaborate with the school to determine further measures (ex. Further letters, closure of classroom or school).

When is it permitted to return to school?

- Ultimately, Public Health and/or personal medical professional will determine the medical status of the child or adult and their readiness for return. No individual should attend school, if presenting with COVID-19 symptoms (cough or loss of smell may take longer to leave).
- Staff and students should not return to school until he/she:
 - is free of fever for at least 48 hours (without taking fever medication)
 - has no acute symptoms for at least 24 hours (this does not include cough and loss of smell, which can take a longer time to go away).
- Parents need to contact the administrator prior to the student's return to school. The completed '*Attestation for return to school*' form is to be collected at the school when the child returns. For 'lost' forms, school must follow up with the family to determine the readiness for return. Signed forms are ONLY required for those children whom we send home during course of the day.
- For cases where there is a chronic medical, or other condition (that is not a vulnerability for COVID-19), a parent may provide medical note to support their return.
- If a student or staff member is awaiting test results for COVID-19, they should isolate while awaiting the results IF:
 - Public Health has recommended you stay at home
 - You present with symptoms of COVID-19
 - You have been in contact with a confirmed case of COVID-19
 - You have returned from travel abroad
- If a positive test result is received, Public Health will provide instructions for school personnel, communications, etc.

Questions?

- **Provincial-level information**
 - Info-line: 1-877-644-4545
 - Webpage: [Québec.ca/coronavirus](https://quebec.ca/coronavirus)
- **Regional Public Health agencies**
 - Outaouais: 811 or cisss-outaouais.gouv.qc.ca
 - Abitibi-Témiscamingue (for our northern schools): 811 or cisss-at.gouv.qc.ca

UPDATE ON COVID-19 INSTRUCTIONS

FOR PARENTS OF STUDENTS IN PRIMARY AND SECONDARY SCHOOL

1. When should my child get tested?

Your child should be tested as soon as possible (do not wait 24 hours) if they have:

ONE of the following symptoms:

- Fever (oral temperature 38.1°C (100.6°F) or higher)
- Sudden loss of sense of smell (anosmia) without nasal congestion, with or without loss of taste
- Recent cough or worsening of a chronic cough
- Shortness of breath
- Trouble breathing
- Sore throat
- Runny nose or congestion (of unknown cause)

OR

TWO of the following symptoms:

- Stomach aches
- Nausea or vomiting
- Diarrhea
- Major fatigue
- Significant loss of appetite
- Generalized muscle pain (not related to physical exertion)
- Headache



Wait 24 hours if your child has **ONLY ONE** of the following symptoms:



- Headache
- Major fatigue
- Generalized muscle pain (not related to physical exertion)
- Significant loss of appetite
- Nausea or vomiting
- Abdominal pain (stomach aches)
- Diarrhea

If after 24 hours a symptom is still present, or if your child has an additional symptom, testing for Covid-19 is required.

Consult the [COVID-19 Symptom Self-Assessment Tool](#) of the Government of Quebec's website and book an appointment to be tested.

2. **NEW:** If a member of a household has symptoms that require testing for Covid-19 (see above), the other household members must self-isolate.

NEW

If my child has Covid-19 symptoms and is waiting to be tested or for the results of a test, does everyone else at home have to self-isolate?

- Yes. When a person **with symptoms** is waiting to be tested or is waiting for the results of a test, everyone at home must self-isolate until they received the test results.

Why? Because more than 40% of contacts in the same home become positive cases.

NEW

If my child has Covid-19 symptoms and I decide not to test them, how long do they have to self-isolate?

- In these circumstances, your child will be considered as a “clinical Covid-19 case¹.” Your child should remain isolated for 10 days since the onset of symptoms AND until the symptoms are gone. During this time, your child should not go to school or daycare.
- As well, everyone in the same household should also self-isolate for at least 14 days and monitor themselves for Covid-19 symptoms.

3. **Reminder: instructions for self-isolation of contacts at schools or daycares**

If your child has been identified as a medium- or high-risk contact (e.g., there is a case of Covid-19 in their class bubble) :

- The parents of students that have been identified as medium- or high-risk contacts will receive **a letter from public health sent by the school** stating that their child was in contact with a person who tested positive for Covid-19;
- Upon receipt of this letter, it is important to **keep your child home from school** and book an appointment to get tested;
- Your children will be asked to self-isolate as a preventive measure;
- If a second person in the class-bubble tests positive for Covid-19, Public Health will follow up with all the parents in the class bubble;
- If your child does not have any symptoms, they do not need to be isolated from other members of the household.

1. A person who has Covid-19 symptoms that have no apparent cause and that have not been confirmed through testing.

MISE À JOUR DES CONSIGNES : COVID-19

À L'ATTENTION DES PARENTS D'ÉLÈVE DU PRIMAIRE ET DU SECONDAIRE

1. À quel moment mon enfant doit-il passer un test de dépistage ?

Faire dépister votre enfant sans attendre 24 heures s'il présente :

UN symptôme parmi les suivants :

- Fièvre $\geq 38,1$ °C (T° buccale)
- Perte d'odorat soudaine (sans congestion nasale) avec ou sans perte de goût
- Toux (nouvelle ou aggravée)
- Essoufflement
- Difficulté à respirer
- Mal de gorge
- Nez qui coule ou nez bouché de cause inconnue



OU

DEUX symptômes parmi les suivants :

- Mal de tête
- Fatigue intense
- Douleurs musculaires généralisées (non liées à un effort physique)
- Perte d'appétit importante
- Nausées ou vomissements
- Douleur abdominale (mal de ventre)
- Diarrhée

Attendre 24 heures si votre enfant présente UN SEUL des symptômes suivants :

- Mal de tête
- Fatigue intense
- Douleurs musculaires généralisées (non liées à un effort physique)
- Perte d'appétit importante
- Nausées ou vomissements
- Douleur abdominale (mal de ventre)
- Diarrhée



Si après 24 heures le symptôme est toujours présent ou si l'enfant présente un symptôme supplémentaire, un test de dépistage est requis.

Consultez [l'outil d'autoévaluation des symptômes de la COVID-19](#) sur le site officiel du gouvernement du Québec et prenez rendez-vous pour un test de dépistage.

2. Nouveauté : isolement des contacts domiciliaires lorsqu'une personne présente des symptômes compatibles à la COVID-19 qui requièrent un test de dépistage (voir liste ci-haut)

NOUVEAUTÉ

Si mon enfant présente des symptômes compatibles à la COVID-19 et est en attente d'un test ou d'un résultat de test de dépistage de la COVID-19, les autres membres du domicile doivent-ils s'isoler ?

- Oui. Lorsqu'une personne **symptomatique** est en attente d'un test ou d'un résultat de test, les personnes de son domicile doivent aussi demeurer en isolement jusqu'à l'obtention du résultat.

Raison: plus de 40% des contacts domiciliaires deviennent des cas positifs.

NOUVEAUTÉ

Si mon enfant présente des symptômes compatibles avec la COVID-19, mais je décide de ne pas faire tester mon enfant, combien de temps doit-il s'isoler ?

- Dans ce cas, votre enfant sera considéré comme un « cas clinique à la COVID-19 ¹ ». Il devra rester en isolement pour une période de 10 jours depuis l'apparition des symptômes ET jusqu'à leur disparition. Durant cette période, votre enfant ne pourra pas se présenter à l'école, y compris au service de garde en milieu scolaire.
- De plus, les personnes qui vivent sous le même toit devront aussi s'isoler au moins 14 jours et faire l'autosurveillance de leurs symptômes.

3. Rappel : consignes pour l'isolement des contacts en milieu scolaire

Si votre enfant est identifié comme un contact à risque modéré ou élevé (exemple : il y a un cas de COVID-19 dans le même groupe-classe que votre enfant) :

- Les parents des élèves ayant eu un contact à risque modéré ou élevé avec la personne atteinte de la COVID-19 recevront **une lettre de la santé publique envoyée par l'école** leur indiquant que leur enfant a été en contact avec une personne ayant reçu un diagnostic de COVID-19;
- Dès la réception de la lettre, il est important de **garder votre enfant à la maison** et de prendre rendez-vous pour un [test de dépistage](#);
- Un isolement préventif sera demandé à votre enfant;
- Si une 2^e personne du groupe-classe devenait positive à la COVID-19, la santé publique assurerait un suivi auprès des parents du groupe-classe;
- Si un enfant ne présente pas de symptôme, il n'est pas nécessaire qu'il soit isolé des autres membres de la famille.

1. Une personne ayant des symptômes de la COVID-19 sans aucune autre cause apparente et dont la maladie n'est pas confirmée par un test de dépistage.