



PLEASE NOTE: These instructions are regularly updated

Whether **VACCINATED** against COVID-19 or **NOT**, I apply the following recommendations based on my child's **SYMPTOMS** :

A My child has any **one** of the following symptoms:

- Fever 38,1 °C or higher (oral T°)
- Sudden loss of smell without nasal congestion, with or without loss of taste
- Cough (new or worse)
- Shortness of breath, trouble breathing
- Sore throat

OR

My child has **at least two** of the following symptoms:

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

B My child has **only one** of the following symptom:

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

ISOLATION AND TESTING

I notify the school if the symptoms **started at home**.

If the symptoms **start at school**, they contact me and I have to pick up my child.

My child stay **home** and **isolate**.

I have my child **tested**.

If in doubt, I fill the **self-assessment tool** by **clicking here** or I call 1 877 644 4545.

If my child is identified by public health as a close contact of a confirmed COVID-19 case, **all household members who are considered unprotected*** must **self-isolate** while waiting for the test result.

ISOLATION AND 24H OBSERVATION

I notify the school if the symptom **started at home**.

If the symptom **starts at school**, they contact me and I have to pick up my child.

My child stay home and isolate **AND I monitor him for 24 hours**.

After 24 hours of observation at home:

- If the symptom has **resolved** and there are no new **symptoms**, my child can return to school.
- If the symptom is **still present** or if a **2nd symptom** appear, I follow the **Situation A** recommendations (isolation and testing).

*** People are considered protected if they meet one of the following 3 conditions:**

- They received 2 doses of vaccine, the second dose in the past 7 or more days, and at least 21 days between the 2 doses.
- They have had laboratory-confirmed COVID-19 more than 6 months ago, and received one dose of vaccine in the past 7 or more days, and at least 21 days after the onset of the disease.
- They have had laboratory-confirmed COVID-19 in the past 6 months or less.

What happens if a positive COVID-19 case is reported in my child's classroom?

- I refer to the **Table for the management of cases and contacts in elementary and secondary schools**.
- An analysis of the situation will be carried out by the Direction de la santé publique de l'Outaouais and additional instructions may be given.
- I have my child tested, **even if he has no symptoms** and even if he is **considered protected***.

When do all household members should self-isolate?

All household members who are **considered unprotected*** must remain in isolation while awaiting the test result, if:

- My child has been identified by public health as a close contact of a confirmed COVID-19 case **AND** my child has symptoms.

What happens if I refuse to have my child tested when he has symptoms?

- I must keep my child in isolation **for 10 days**.
- All household members must also self-isolate **at least 10 days** unless they are **considered protected***.
- All household members must monitor for symptoms **for 14 days**, whether vaccinated or not.

