

# WQSB Symptom and Health Protocol

## COVID 19 – Parent Information

- WQSB Measures to support students and staff – updated January 22, 2021
- Guidelines for symptom monitoring, procedures, follow up

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.

COVID-19 related symptoms may include (<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/answers-questions-coronavirus-covid19/>) 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.

- FEVER
  - **Fever = 38.1C(100.6F) and above (or 1.2C more than usual for individual)**
- RESPIRATORY
  - **Onset or worsening of a cough**
  - **Difficulty breathing, shortness of breath**
  - **Sore throat**
  - **Runny nose or congestion**
- GENERAL
  - **Sudden loss of smell without nasal congestion with or without loss of taste**
  - Generalized muscle pain (not related to physical exertion)
  - Intense fatigue
  - Major loss of appetite
- GASTRO-INTESTINAL
  - Diarrhea
  - Vomiting
  - Stomach ache
  - nausea
- **NOTE: The Self-Assessment tool should be updated in the coming days/weeks. (Currently, there is a change to the expectations when someone experiences symptoms. See below section for update.)**  
You may also consult the 'COVID-19 Self-Assessment tool': <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/> Based on the symptoms present, the Self-Assessment tool will guide you as to next steps. Always refer to medical advice, or call the COVID-19 info-line for instructions.

What to do in the case of staff or student presenting with symptoms:

- if a staff member presents with symptoms, they must inform administration, follow HR procedures for staff presenting with symptoms. Staff must call Public Health helpline (**1-877-644-4545**) and follow instructions provided.
- 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)
- parent is instructed to contact COVID 19 helpline (**1-877-644-4545**) for further instructions (see cards and Public Health guides). Info cards can be printed and provided for parents to take with them. Parents may complete the “Self-Assessment tool” online.
- **CHANGE:** Those with symptoms will be recommended to seek testing, rather than observe for the (previously recommended) 24 hours. (\*particularly those symptoms which are in bold above). See the Self-Assessment tool for further instructions.
- 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 or staff member was located should be disinfected as per protocols for disinfection (see CNESST protocol for details)
- **CHANGE:** Siblings will be recommended to go home as well when a child is being sent home with symptoms. Public Health will advise as to the continued need.

#### 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.
- Parents and staff will be informed, via a letter from WQSB/Public Health, if a case is confirmed in their child’s school. In the event of a confirmed case, those who are considered at moderate or high risk due to contact, will be asked to leave and to seek testing. 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 the staff member/student permitted to return to school?

- Ultimately Public Health and/or personal medical professional will determine the medical status of the child/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 Coronavirus Info line - **1-877-644-4545**
- **811** for any other inquiry on health/social based services through local CSSS