

## 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 case<sup>1</sup>.” 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.