

WQSB Symptom and Health Protocol

COVID 19 – Parent Information

- WQSB Measures to support students and staff – updated February 26, 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)
 - headache
 - Intense fatigue
 - Major loss of appetite
- GASTRO-INTESTINAL
 - Diarrhea
 - Vomiting
 - Stomach aches
 - nausea
- 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) or complete the 'Self-Assessment tool' online. Info cards 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 or staff member was located should be disinfected as per protocols for disinfection (see CNESST protocol for details)

Current Public Health guidelines for parents (summary, February 26, 2021):

- Please consult the Self-Assessment tool, for the most up to date information.
- If your child has one of the bold symptoms 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.
- **NEW:** While awaiting result, all people living under the same roof as your child will be required to remain in isolation at least until they receive their test result and then follow the instructions provided, even if they show no symptoms. 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 1 of the bold symptoms 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 other 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 the child has an additional symptom, a test will be required.
- Parents may use the self-assessment tool or contact the COVID helpline.

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 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 other questions or access to services – in all regions (option 1 for Info-Sante, option 2 for Info-Social [including mental health concerns]) – parents (and/or child of 14+ years old) must call to request (school team can assist)
- Quebec Public Health Self-Assessment tool - <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/>