

# WQSB Symptom and Health Protocol COVID 19 – Parent/Student Information

- WQSB Measures to support students – updated September 21, 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 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.

- 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.

## COVID-19 Symptoms

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| <ul style="list-style-type: none"> <li>➤ FEVER               <ul style="list-style-type: none"> <li>○ <b>Fever = 38.1C(100.6F) and above (or 1.2C more than usual for individual)</b></li> </ul> </li> <li>➤ RESPIRATORY               <ul style="list-style-type: none"> <li>○ <b>Onset or worsening of a cough</b></li> <li>○ <b>Difficulty breathing, shortness of breath</b></li> <li>○ <b>Sore throat</b></li> </ul> </li> <li>➤ GENERAL               <ul style="list-style-type: none"> <li>○ <b>Sudden loss of smell without nasal congestion with or without loss of taste</b></li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>➤ GENERAL               <ul style="list-style-type: none"> <li>○ Generalized muscle pain (not related to physical exertion)</li> <li>○ headache</li> <li>○ Intense fatigue</li> <li>○ Major loss of appetite</li> </ul> </li> <li>➤ GASTRO-INTESTINAL               <ul style="list-style-type: none"> <li>○ Diarrhea</li> <li>○ Vomiting</li> <li>○ Stomach aches</li> <li>○ nausea</li> </ul> </li> </ul> |
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What to do in the case of a student presenting with 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)
  - Siblings of the symptomatic child are not necessarily required to go home (see next bullet)
  - If the student (who has symptoms) is identified 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.**
  - Parents are provided a copy of the 'Attestation for return to school' form and asked to send a 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)

#### What does it mean to be '**protected**'?

\* 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

Current Public Health guidelines for parents (when symptoms are present):

Please consult the CISSSO Back to School COVID-19 instructions for a helpful infographic.

- Please consult the Self-Assessment tool, for the most up to date information and book an appointment or go to a walk-in centre. The link to a [testing centre](#) can be found within the Self-Assessment tool. The appointment may be made online or by telephone depending on the location.
- If your child has one of the bold symptoms above (COLUMN 1), or two of the other symptoms (COLUMN 2), they will be recommended to seek testing. Siblings will not be required to go home. In the case of a child with symptoms, who is also a contact of a confirmed case, siblings (and all household members) will be required to self-isolate unless they are considered \*protected.
- If your child has 1 of the bold symptoms (COLUMN 1) or two of the other symptoms (COLUMN 2), 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 10 days from when the child's symptoms first appeared, unless they are considered \*protected. All household members must monitor for symptoms for 14 days, whether vaccinated or not.
- If your child has only one of the other symptoms (COLUMN 2), your child must remain home. Siblings will not be required to go home. If after the 24 hours, the symptom is still present or if your child has an additional symptom, a test will be recommended, and the recommendations for testing and isolation will apply.

#### 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.
- Please refer to the [Table for the management of cases and contacts in elementary and secondary schools](#).
- In the event of a confirmed case, an analysis of the situation will be carried out by Public Health and they will provide all further instructions. All parents and staff will be informed, via a letter from WQSB/Public Health, if a case is confirmed in their child's school.

- 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 student permitted to return to school?

- Ultimately Public Health and/or personal medical professional will determine the medical status of the student 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).
- Students should not return to school until:
  - They have tested negative for COVID-19 and no longer have any symptoms (\*\*this does not include cough and loss of smell, which can take a longer time to go away)
  - They have tested positive, have isolated for 10 days and no longer have any symptoms (\*\*see above)
  - They have been diagnosed with something other than COVID-19 (and provide written confirmation from a health professional)
  - (in the case of no test) they have been isolated for a period of 10 days and have no symptoms
  - (in the case of one of 'non' bolded symptoms – COLUMN 2) they have been observed for 24 hours, and no longer have any symptoms
  - **NEW!** They have had a negative 'rapid test' at school and the symptom(s) have resolved.
- 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 is awaiting test results for COVID-19, they should isolate in the following situations: (["When to self-isolate"](#))
- 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/>