



**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

### **A** ISOLATION AND TESTING

Symptoms **start at home** :

- My child stay home.
- I notify the school.
- I have my child tested.
- If in doubt, I fill the [self-assessment tool by clicking here](#) or I call 1 877 644 4545.

#### Preschool ONLY

If my child who is preschool has symptoms and needs to be tested, any other child in the household, aged 5 and under, must also stay home while waiting for the test result.

#### Preschool AND elementary

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

Symptoms **start at school**:

- The school could carry out a nasal screening test\* and the result will be communicated to me promptly by the school administration (see page 2).

### **B** ISOLATION AND 24H OBSERVATION

The symptom **starts at home**:

- I notify the school.
- 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).

The symptom **starts at school**:

- The school could carry out a nasal screening test\* and the result will be communicated to me promptly by the school administration (see page 2).

**\* 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\*.

**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.

**PLEASE NOTE : These instructions are regularly updated**

**REMINDER on the COVID-19 nasal rapid test available in elementary schools**



**Rapid screening test supplement the other prevention measures in place to limit the risk of outbreaks in schools.**

Here is a reminder of the **informative document publication from the Ministry of Education<sup>1</sup>**, which was given to you by your school. **COVID-19 screening at school involves testing a child who develops symptoms during the day.** This test will be carried out by a school staff member designated by the school administration and trained for this purpose.

The Panbio test by Abbott will be used for this screening. It is free and will be carried out during class hours. **It only takes a few minutes and the result is available in 15 minutes.**

The test consists in taking a **shallow nasal swab** (as opposed to the more invasive tests used in testing centres), using a device that looks like a cotton swab (see image). There are no side effects, only a slight discomfort that may be felt during the swabbing.



## Voluntary participation in screening

In order to communicate your decision regarding your child's participation in a possible screening test at school, you **must complete the consent form provided by your school**, sign it and return it to your child's teacher.

Please note that your consent is valid for the whole school year. Participation in COVID-19 screening is voluntary. You may refuse to have your child tested or withdraw your consent at any time. **Regardless of your decision, it is important to follow all public health recommendations and continue to follow basic health instructions and those in effect at your child's school.**

## Screening results

**The screening result and any accompanying recommendations will be communicated to you promptly by the school administration.**

### NEGATIVE result

The child can stay in class, **wearing a mask (elementary only)**. You must remain vigilant. If your child's symptoms persist, take them to a designated screening centre to have a laboratory test performed.

### POSITIVE result

The child is isolated. You will be contacted to bring your child home and have them tested at a designated screening centre **where a laboratory test will be performed to confirm.**

**In addition, if the child is in preschool (4-5 years old), the siblings attending an educational childcare service or preschool must also isolate while awaiting the result of the laboratory confirmation test.**

## Other infectious disease than COVID-19

Even if your child **tests negative** for COVID-19, **they may be excluded from school if they have symptoms for which exclusion of a child is usually recommended, such as fever** (other than COVID-19). You can refer to **Table 3** of the guide published by the ministère de la Santé et des Services sociaux : [Prévention et contrôle des infections dans les services de garde et écoles du Québec](#).

<sup>1</sup> COVID-19 screening by rapid tests at school in the event that symptoms appear during the day. [https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/education/publications-adm/covid-19/tests-rapides\\_feuille-parents\\_ANG.pdf?1631105683](https://cdn-contenu.quebec.ca/cdn-contenu/adm/min/education/publications-adm/covid-19/tests-rapides_feuille-parents_ANG.pdf?1631105683)