



November 26, 2021

Information for School/Daycare High-Risk Contacts of a Case of COVID-19

An individual who attended **Valley View Public School** in the Grade 6, Room 156 has tested positive for COVID-19 and your child/student/staff has been identified as a potential close contact.

Someone is considered a close contact if there is a chance that they had a high-risk exposure to someone who tested positive for COVID-19. This does not mean that they have COVID-19. However, they are at higher risk of getting infected with the virus. Not everyone who is a close contact will develop an infection, however, the directions in this letter will help protect them and others from COVID-19.

Public Health Sudbury & Districts has investigated and determined that the last date of high-risk exposure was **November 22, 2021**.

Regardless of the child/staff/student immunization status or they were previously infected with COVID-19, if they currently have or develop **any of the following symptoms (even if mild)**, they must immediately **isolate** and get **tested** as soon as possible.

Do not hesitate to get tested.

- Fever and/or chills (temperature of 37.8 degrees Celsius/ 100 degrees Fahrenheit)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of taste or smell
- Nausea, vomiting and/or diarrhea
- Fatigue
- Muscle aches and pain
- Sore throat
- Runny or stuffy nose
- Abdominal pain
- Headache
- Conjunctivitis (pink eye)
- Decreased or lack of appetite

COVID-19 symptoms can also include the worsening of chronic health problems.

Please note that a legally enforceable [Class Order under the Health Protection and Promotion Act](#), is currently in effect. It requires all individuals in Public Health Sudbury & Districts' service area who are either a case, potential case or contact of a case, to follow Public Health direction.

Sudbury

1300 rue Paris Street
Sudbury ON P3E 3A3
t: 705.522.9200
f: 705.522.5182

Elm Place

10 rue Elm Street
Unit / Unité 130
Sudbury ON P3C 5N3
t: 705.522.9200
f: 705.677.9611

Sudbury East / Sudbury-Est

1 rue King Street
Box / Boîte 58
St.-Charles ON POM 2W0
t: 705.222.9201
f: 705.867.0474

Espanola

800 rue Centre Street
Unit / Unité 100 C
Espanola ON P5E 1J3
t: 705.222.9202
f: 705.869.5583

Île Manitoulin Island

6163 Highway / Route 542
Box / Boîte 87
Mindemoya ON POP 1S0
t: 705.370.9200
f: 705.377.5580

Chapleau

34 rue Birch Street
Box / Boîte 485
Chapleau ON POM 1K0
t: 705.860.9200
f: 705.864.0820

toll-free / sans frais

1.866.522.9200

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It is critical that you carefully follow the Public Health direction in this letter. If the isolation period changes or is extended, you will be notified by letter.

There are different rules for people who are fully immunized and those who are not. Public Health's direction is based on your immunization status.

Please follow the scenario applicable to the child/staff's situation.

1. Instructions for Testing and Isolation - Fully immunized or Previously Positive

If the child/staff is not immunocompromised and has been **fully immunized**¹ for COVID-19 or was a **confirmed positive**² case within the last 90 days, this section applies to them.

Public Health direction:

	Child/staff has any <u>symptoms</u> of COVID-19 (listed above)	Child/staff does not have symptoms of COVID-19 (asymptomatic)
When should the child/staff get tested?	<p>Test immediately. A PCR test is required. Rapid Antigen Tests are NOT to be used as they are only for screening purposes for individuals without symptoms and who are not contacts of a case. COVID-19 assessment centres are listed below.</p> <p>If they test negative, a repeat test is recommended on or after day 7 from the last date of exposure to a case (listed above).</p> <p>If they test positive, see below.</p> <p>If they decide to not get tested, you must immediately isolate and contact Public Health.</p>	<p>PCR testing is recommended as soon as possible. Rapid Antigen Tests are NOT to be used as they are only for screening purposes for individuals without symptoms and who are not contacts of a case. COVID-19 assessment centres are listed below.</p> <p>If the individual tests negative, a repeat test is recommended on or after 7 days from the last date of exposure to a case (listed above).</p> <p>If the individual tests positive, see below.</p>
Does the child/staff need to isolate?	<p>They are required to <u>isolate</u> while awaiting their test results.</p> <p>If they test negative, they can stop isolating, but should continue to stay home until they have no fever and</p>	<p>They are <u>not required to isolate</u> while waiting for their test results.</p> <p>If they test negative, they can continue to not isolate.</p>

¹ An individual is fully immunized if at least 14 days prior to their high-risk exposure they have received:

- the full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines; OR
- one or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada; OR
- three doses of a COVID-19 vaccine not authorized by Health Canada.

² An individual is considered previously positive if they tested positive for COVID-19 in the last 90 days and have since been cleared from their infection.

	Child/staff has any <u>symptoms</u> of COVID-19 (listed above)	Child/staff does not have symptoms of COVID-19 (<u>asymptomatic</u>)
Does the child/staff need to isolate?	<p>symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (e.g. vomiting, diarrhea).</p> <p>If they test positive, continue to isolate. Public Health staff will contact you within 24 hours to advise you that they must isolate for at least 10 days. The Public Health staff will provide you the date that their isolation will end in addition to further information you require for their self-isolation.</p>	<p>If they test positive, self-isolate immediately. Public Health staff will contact you within 24 hours to advise you that they must isolate for at least 10 days. The Public Health staff will provide you the date that their isolation will end in addition to further information you require for their self-isolation.</p>
When can the child/staff return to school/daycare/work?	<p>If they test positive OR do not get tested, they can return following a 10-day self-isolation period and as directed by Public Health.</p> <p>If they test negative, they can return once they have no fever and symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (e.g. vomiting, diarrhea).</p> <p>Contact your school/work to find out when in-person instruction will resume for this class/cohort, if applicable.</p>	<p>Immediately, unless otherwise directed by Public Health.</p> <p>Contact your school/work to find out when in-person instruction will resume for this class/cohort, if applicable.</p>
Do household members need to self-isolate?	<p>Household members are <u>not required to self-isolate</u> if they are fully immunized¹ or previously positive within the past 90 days² unless they develop symptoms.</p> <p>Household members who are not fully immunized and not previously positive within the past 90 days:</p> <ul style="list-style-type: none"> • Must <u>isolate</u> while their household member (i.e. child/staff) is awaiting their test results. • Must <u>isolate</u> if the household member tests positive. <p>Can <u>stop isolating</u> if the household member tests negative.</p>	<p>Household members are <u>not required to self-isolate</u>, regardless of their immunization status (or whether they were previously positive within the last 90 days), unless they develop symptoms.</p>

2. Instructions for Testing and Isolation – Not Fully Immunized or Previously Positive

If the child/staff is immunocompromised or has **NOT been fully immunized**³ or was **not a previously positive**⁴ case within the last 90 days, this section applies to them.

Public Health direction:

	Child/staff has any <u>symptoms</u> of COVID-19 (listed above)	Child/staff does not have symptoms of COVID-19 (asymptomatic)
When should the child/staff get tested?	<p>Test immediately. A PCR test is required (Rapid Antigen Tests are NOT to be used as they are only for screening purposes for individuals without symptoms and who are not contacts of a case). COVID-19 assessment centers are listed below.</p> <p>If they test negative, a repeat test is recommended on or after day 7 from the last date of exposure to a case (listed above).</p> <p>If you do not get tested, you must isolate immediately and contact Public Health.</p>	<p>Seek PCR testing on or after 7 days from the last date of exposure to a case (listed above).</p> <p>Rapid Antigen Tests are NOT to be used as they are only for screening purposes for individuals without symptoms and who are not contacts of a case.</p> <p>COVID-19 assessment centers are listed below.</p>
Does the child/staff need to isolate?	<p>They are required to <u>self-isolate</u> immediately while awaiting their test results.</p> <p>If they test negative and if they have no new or worsening symptoms, they must continue to <u>self-isolate</u> up to and including December 2, 2021. They may stop self-isolating on December 3, 2021.</p> <p>If they experience new or worsening symptoms after their negative test, contact Public Health for further assessment and direction.</p> <p>If they test positive, continue to <u>self-isolate</u>. Public Health will contact you within 24 hours to advise you that they must isolate for at least 10 days. The Public Health staff will provide you the date that their isolation will end in addition to further information you require for their self-isolation.</p>	

³ An individual is **not fully immunized** if at least 14 days prior to their high-risk exposure they have **not** received:

- the full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines; OR
- one or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada; OR
- three doses of a COVID-19 vaccine not authorized by Health Canada.

⁴ An individual is **not previously positive** in the last 90 days if they have not tested positive for COVID-19 in the last 90 days and been cleared of their infection

	Child/staff has any <u>symptoms</u> of COVID-19 (listed above)	Child/staff does not have symptoms of COVID-19 (asymptomatic)
When can the child/staff return to school/daycare/work?	<p>If they test negative, and provided no new or worsening symptoms, they can return on day 11 as long as they have no fever and symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (e.g., vomiting, diarrhea).</p> <p>If they test positive OR do not get tested, they can return following a 10-day self-isolation period and as directed by Public Health.</p>	
Do household contacts need to self-isolate?	<p>Household members are <u>not required to self-isolate</u> if they are fully immunized¹ or previously positive within the past 90 days² unless they develop symptoms.</p> <p>Household members who are not fully immunized³ and not previously positive within the past 90 days⁴:</p> <ul style="list-style-type: none"> • Must <u>isolate</u> while the child is awaiting their test results. • Must <u>isolate</u> if the child tests positive. • Can stop isolating if the child tests negative, but should <u>stay home except for essential reasons</u> (e.g. school, work, child care). 	<p>Household members are <u>not required to self-isolate</u> if they are fully immunized¹ or previously positive within the past 90 days² unless they develop symptoms.</p> <p>Household members who are not fully immunized³ and who were not previously positive⁴ within the past 90 days:</p> <ul style="list-style-type: none"> • Should <u>stay home except for essential reasons</u> (e.g. school, work, child care) if the child is asymptomatic OR tests negative.

For anyone who is required to self-isolate, Public Health Ontario's resource [How To Care for a Child Who Needs to Self Isolate](#) provides more information.

If you are concerned about new or worsening symptoms of COVID-19, contact Telehealth Ontario at 1.866.797.0000, or your health care provider.

Call 911 or take your child to the nearest hospital immediately if your child is experiencing any of the following symptoms:

- Severe difficulty breathing (struggling for each breath, can only speak in single words)
- Severe chest pain (constant tightness or crushing sensation)
- Feeling confused or unsure of where they are
- Losing consciousness

COVID-19 testing is offered at the following locations. Appointments are required.

Health Sciences North Assessment Centre

- 705.671.7373 between the hours of 9 a.m. and 5 p.m., 7 days per week
- Online form: [Request an Appointment at the COVID-19 Assessment Centre \(hsnsudbury.ca\)](https://hsnsudbury.ca)

Manitoulin Health Centre Assessment Centre

- Please call 705.368.2300 to book an appointment. Please note hours are limited.

Espanola and area communities assessment centre (for clients in Nairn, McKerrow, Massey, Sagamok, Webwood, Espanola, and Birch Island)

- 705.869.1420, ext. 4500, between 8 a.m. and 4 p.m., Monday to Friday.

Chapleau Assessment Centre

- 705.864.2568 between the hours of 9 a.m. to 5 p.m., Monday to Friday.

If you have any questions or concerns, please contact Public Health Sudbury & Districts at 705.522.9200, ext. 524

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