



November 22, 2021,

Public Health Sudbury & Districts works with Public Health Ontario to follow-up with close contacts of COVID-19 cases. Public Health Ontario does not customize direction based on local investigations. Local direction is based on individual circumstance and risk assessment, after detailed follow up and is based on a number of factors (such as vaccination status, breakthrough cases, and Variants of Concern). If you receive conflicting information on your isolation, please follow the directions in this letter.

Dear Parent/Guardian, Student, Staff: **Grade 4, Room 403**

An individual who attended **Carl A Nesbitt PS in Grade 4, Room 403** 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.

Public Health Sudbury & Districts has investigated and determined that the last date of high-risk exposure was **November 18, 2021.**

If the child/student/staff has or develops any of the following symptoms, they should get tested as soon as possible.

- 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

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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Based on this investigation, Public Health has concluded that direction will be based on an individual’s immunization status. If the isolation period changes or is extended, you will be notified by letter.

Please carefully review the following direction for those who are **fully immunized** (or previously positive) and the direction for those who are **NOT fully immunized** (or immunization status unknown or not previously positive). Please follow the scenario applicable to your situation.

Fully immunized (or previously positive): Public Health direction

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

¹An 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.

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

Public Health direction:

	Child/staff has any symptoms 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. 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 high-risk exposure (listed above).</p>	<p>Testing is recommended as soon as possible. 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 high-risk exposure (listed above).</p>
Does the child/staff need to isolate?	<p>They are required to isolate while awaiting their test results.</p> <p>If a negative result, they can stop isolating, but should continue to stay home until they have no fever and symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (for example: vomiting, diarrhea).</p> <p>If they test positive, Public Health will contact you to provide additional information.</p>	<p>They are not required to isolate while waiting for their test results.</p> <p>If they test positive, they must isolate for 10 days from the date that the test was done/sample collected.</p> <p>Public Health will contact you to provide additional information.</p>

	Child/staff has any symptoms of COVID-19 (listed above)	Child/staff does not have symptoms of COVID-19 (asymptomatic)
When can the child/staff return to school/work?	<p>If they test positive, Public Health will contact you to provide additional information on return to work/school</p> <ul style="list-style-type: none"> • 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 (for example: vomiting, diarrhea). 	<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 who are fully immunized¹ or previously positive within the past 90 days² are not required to self-isolate 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 isolate while the child is awaiting their test results. • Must isolate if the child tests positive. • Can stop isolating if the child tests negative. 	<p>Household members are not required to self-isolate, regardless of the household member's immunization or previously positive status unless the household member develops symptoms.</p>

NOT fully immunized (or immunization status unknown or not previously positive): Public Health direction

If the child/staff is immunocompromised or has **NOT been fully immunized³** or was **not a previously positive⁴** case within the last 90 days, this section applies to them.

³An 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.

⁴An 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.

Public Health direction:

	Child/staff has symptoms 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. 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 high-risk exposure (listed above).</p>	<p>Seek testing on or after 7 days from the date of high-risk exposure (listed above)</p>
Does the child/staff need to isolate?	<p>They are required to self-isolate at home immediately while awaiting their test results.</p> <p>If they test positive, Public Health will contact you to provide additional information.</p> <p>If they test negative and remains asymptomatic, they must continue to isolate up to and including November 28, 2021.</p>	
When can the child/staff return to school/work?	<p>If they test positive, Public Health will contact you to provide additional information on return to work/school.</p> <p>If they test negative, and provided no new or worsening symptoms, they can return on November 29, 2021, as long as they have no fever and symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (for example: vomiting, diarrhea).</p>	
Do household contacts need to self-isolate?	<p>Household members who are fully immunized¹ or previously positive within the past 90 days² are not required to self-isolate, as long as the household member themselves does not 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 isolate while the child is awaiting their test results. • Must isolate if the child tests positive. • Can stop isolating if the child tests negative, but should stay home except for essential reasons (school, work, child care). 	<p>Household members who are fully immunized¹ or previously positive within the past 90 days² are not required to self-isolate, as long as the household member themselves does not develop symptoms.</p> <p>Household members who are not fully immunized³ and who were not previously positive⁴ within the past 90 days should stay home except for essential reasons (school, work, child care) if the child is asymptomatic OR tests negative.</p>

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 \(hsnsudbury.ca\)](#)

Manitoulin Health Centre Assessment Centre

- Little Current 705.368.2300, Monday, 8:30 a.m. to 1 p.m., Tuesday and Thursday, 8:30 a.m. to 7:30 p.m.

Noojmowin Teg Health Centre

- 705.368.2182 between the hours of 8:30am and 4:00pm, Monday to Friday

Espanola and area COVID assessment centre

- 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

Public Health Sudbury & Districts

705.522.9200

1.866.522.9200

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