

December 9, 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 4 – Room 204 (Ref#: EXP-535650) 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 but 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.

If your child/staff/student currently have or develop **any of the following symptoms (even if mild)**, they must immediately **isolate**, get **tested** as soon as possible, and follow directions below.

#### 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
- 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.

**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 from Public Health.**

#### 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

phsd.ca

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.

Note that for this situation, the day 7 date is **(December 16, 2021)** and the day 10 date is **(December 19, 2021)**, as referred to in the table below

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

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

Public Health direction:

	<b>Fully vaccinated or previously positive child/staff who has any <u>symptom</u> of COVID-19</b> (listed above)	<b>Fully vaccinated or previously positive child/staff who does <u>not</u> have any <u>symptoms</u> of COVID-19</b> (listed above)
<b>When should the child/staff get tested?</b>	<p>Seek PCR test <u>immediately</u>.</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. COVID-19 assessment centres are listed below.</p> <p>If they test <b>negative</b>, a repeat test is recommended on or after day 7.</p>	<p>Seek PCR testing <u>as soon as possible</u>.</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. COVID-19 assessment centres are listed below.</p> <p>If the individual tests <b>negative</b>, seek a repeat test or after day 7.</p> <p>If they develop any symptoms (even mild), they must <u>test</u> and <u>isolate</u> immediately while awaiting their test results and follow instructions for child/staff with <b>symptoms</b>.</p>
<b>Does the child/staff need to isolate?</b>	<p>They are required to <u>isolate</u> while awaiting their test results.</p> <p>If they test <b>negative</b>, they can stop isolating, but should continue to stay home until they have no fever and</p>	<p>They are <u>not</u> required to <u>isolate</u> while waiting for test results or if they test negative, and as long as they remain asymptomatic.</p>

<sup>1</sup> 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.

<sup>2</sup> An 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.

	<b>Fully vaccinated or previously positive child/staff who has any <u>symptom</u> of COVID-19</b> (listed above)	<b>Fully vaccinated or previously positive child/staff who does <u>not</u> have any <u>symptoms</u> of COVID-19</b> (listed above)
	<p>symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (e.g. vomiting, diarrhea). However, they are <u>not permitted</u> to participate in extra-curricular activities with the school or in the community up to and including day 10.</p> <p>If they test <b>positive</b>, the child/staff and all household members isolate immediately regardless of vaccination status. Public Health will contact you within 24 hours to advise on testing and self-isolation for all household members.</p>	<p>They are <u>not permitted</u> to participate in extra-curricular activities within the school or in the community up to and including day 10. This is to be followed even if they test negative.</p> <p>If they develop any symptoms (even mild), they must test and <b>isolate</b> immediately while awaiting their test results and follow instructions for child/staff with symptoms.</p> <p>If they test <b>positive</b>, the child/staff and all household members isolate immediately regardless of vaccination status. Public Health will contact you within 24 hours to advise on testing and self-isolation for all household members.</p>
<b>When can the child/staff return to school/daycare/work?</b>	<p>If they test <b>negative</b>, 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). However, they are <u>not permitted</u> to participate in extra-curricular activities with the school or in the community up to and including day 10.</p> <p>If they test <b>positive</b>, they can return following the self-isolation period that will be communicated by Public Health.</p> <p>If they <b>do not get tested</b>, they must continue to isolate and <b>cannot return to school</b> until you contact Public Health to attain further direction on their return date.</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. However, they are <u>not permitted</u> to participate in extra-curricular activities within the school or in the community up to and including day 10. This is to be followed even if they test negative.</p> <p>If they test <b>positive</b>, they can return following the self-isolation period that will be communicated by Public Health.</p> <p>If they <b>do not get tested</b>, they can return to school/daycare/work as long as they remain asymptomatic.</p> <p>Contact your school/work to find out when in-person instruction will resume for this class/cohort, if applicable.</p>
<b>When do household members need to</b>	Household members need to self-isolate if either of the following two conditions apply. If neither applies, household members do not need to self-isolate.	

	<b>Fully vaccinated or previously positive child/staff who has any <u>symptom</u> of COVID-19</b> (listed above)	<b>Fully vaccinated or previously positive child/staff who does <u>not</u> have any <u>symptoms</u> of COVID-19</b> (listed above)
<b>self-isolate?</b>	<p>1. All household members must self-isolate if the child/staff tests <b>positive</b> regardless of household members' immunization status or if previously positive for COVID-19 (Public Health will contact you within 24 hours); <b>OR</b></p> <p>2. For household members who are not fully vaccinated or previously positive for COVID-19, they must self-isolate if the child/staff is <b>symptomatic</b> and is <b>waiting for test</b> results. Fully immunized household members do not need to self-isolate.</p> <p>Please refer to these directions <a href="#">COVID-19: What to do if your child is dismissed from school or childcare</a></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**<sup>3</sup> or was **not a previously positive**<sup>4</sup> case within the last 90 days, this section applies to them.

Public Health direction:

	<b>Child/staff who is not fully vaccinated or not previously positive</b>
<b>When should the child/staff get tested?</b>	<p>If child/staff has any COVID-19 <b>symptoms (even if mild - see list above)</b>, seek PCR testing <b>immediately</b>. If they test <b>negative</b>, seek a repeat test on or after day 7.</p> <p>If child/staff <b>does not have any symptoms</b>, seek PCR testing on or after day 7.</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). COVID-19 assessment centers are listed below.</p>
<b>Does the child/staff need to isolate?</b>	They are required to <u>self-isolate</u> immediately following notification that they were considered a close contact to someone who tested positive for COVID-19

<sup>3</sup> 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.

<sup>4</sup> 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

	<b>Child/staff who is not fully vaccinated or not previously positive</b>
	<p>If they test <b>negative</b> and if they have no new or worsening symptoms, they must continue to <u>self-isolate</u> up to and including day 10. They may stop self-isolating after day 10.</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 <b>positive</b>, continue to <u>self-isolate</u>. Public Health will contact you within 24 hours to advise you of the date that their isolation will end in addition to further information you require for their self-isolation.</p>
<b>When can the child/staff return to school/daycare/work?</b>	<p>If they test <b>negative</b>, and provided no new or worsening symptoms, they can return after day 10 as long as at that time 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 <b>positive</b>, they can return following the self-isolation period that will be communicated by Public Health.</p> <p>If they <b>do not get tested</b> and <b>had any symptoms (even mild)</b> within their 10-day self-isolation period, they must continue to isolate and contact Public Health to attain further direction on their return date.</p> <p>If they <b>do not get tested</b> and had <b>no symptoms</b> for their <u>entire</u> 10-day self-isolation period, they can return after day 10.</p>
<b>When do household members need to self-isolate?</b>	<p>Household members need to self-isolate if any of the following conditions apply. If none apply, household members do not need to self-isolate.</p> <ol style="list-style-type: none"> <li>1. All household members must self-isolate if the child/staff tests <b>positive</b> regardless of household members' immunization status or if previously positive for COVID-19 (Public Health will contact you within 24 hours); <u>OR</u></li> <li>2. For household members who are not fully vaccinated or previously positive for COVID-19, they must self-isolate if the child/staff is <b>symptomatic</b> and is <b>waiting for test</b> results. Fully immunized household members do not need to self-isolate; <u>OR</u></li> <li>3. For household members who are not fully vaccinated and are attending <b>daycare</b> or are students at <b>elementary or secondary school</b>, must stay away from school/daycare and not gather with unvaccinated persons outside of their household until after day 10.</li> </ol> <p>Please refer to these directions <a href="#">COVID-19: What to do if your child is dismissed from school or childcare</a></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**

- 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.

Public Health Sudbury & Districts  
705.522.9200  
1.866.522.9200  
[phsd.ca](#)