



December 5, 2021

Information for School/Daycare High-Risk Contacts of a Case of COVID-19 who was Fully Immunized

An individual who attended **Espanola High School** in the **Grade 9 English class (ENG1D) (Exposure 529196)** 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.

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

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.

Due the rapid rise in COVID-19 cases and in consultation with Ontario's Chief Medical Officer of Health, Public Health Sudbury & District is requiring all those identified as **close contacts of a case of COVID-19 in someone who was fully immunized to seek testing and self-isolate regardless of their own immunization status or if previously positive for COVID-19 in the last 90 days**. If the isolation period changes or is extended, you will be notified by letter. **It is critical that you carefully follow the Public Health direction in this letter.**

Note that for this situation, the day 7 date is **December 12** and the day 10 date is **December 15**, as referred to in the table below.

Instructions for Testing and Self-Isolation

When should the child/staff get tested?	If child/staff has any COVID-19 symptoms (even if mild - see list above), seek PCR testing immediately . If they test negative , seek a repeat test on or after day 7. If child/staff does not have any symptoms , seek PCR testing on or after day 7. 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.
Does the child/staff need to isolate?	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 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 day 10. They may stop self-isolating after day 10. If they experience new or worsening symptoms after their negative test, contact Public Health for further assessment and direction. If they test positive , 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.

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 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 positive, they can return following the self-isolation period that will be communicated by Public Health.</p> <p>If they do not get tested and had any symptoms (even mild) 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 do not get tested and had no symptoms for their <u>entire</u> 10-day self-isolation period, they can return after day 10.</p>
When do household members need to self-isolate?	<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">1. All household members must self-isolate if the child/staff tests positive regardless of household members' immunization status or if previously positive for COVID-19 (Public Health will contact you within 24 hours); <u>OR</u>2. For household members who are not fully vaccinated or previously positive for COVID-19 in the last 90 days, they must self-isolate if the child/staff is symptomatic and is waiting for test results. Fully immunized/previously positive household members do not need to self-isolate; <u>OR</u>3. For household members who are not fully vaccinated or previously positive for COVID-19 in the last 90 days and are attending daycare or are students at elementary or secondary school, they must stay away from school/daycare and not gather with unvaccinated persons outside of their household until after day 10. <p>Please refer to these directions COVID-19: What to do if your child is dismissed from school or childcare</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 \(hsnsudbury.ca\)](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

Public Health Sudbury & Districts

705.522.9200

1.866.522.9200

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