



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

B My child has only one of the following symptoms :

- Great fatigue
- Significant loss of appetite
- Generalized muscle pain (not related to physical exertion)
- Headache
- Nausea
- Vomiting
- Diarrhea
- Stomach aches

ISOLATION AND TESTING

I notify the school if the symptoms started at home.

If the symptoms start at school, they contact me and I have to pick up my child.

My child stay home and isolate and I fill the self-assessment tool by clicking here or I call 1 877 644 4545.

I have my child tested.

While waiting for the test result, all household members must also self-isolate, including siblings, unless they are considered protected*.

ISOLATION AND 24H OBSERVATION

I notify the school if the symptom started at home.

If the symptom starts at school, they contact me and I have to pick up my child.

My child stay home and isolate **AND I monitor him for 24 hours**. I keep the unprotected* siblings at home.

After 24 hours :

If the symptom has **resolved and there are no new symptoms**, my child and the siblings 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)**.

*** 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 I refuse to have my child tested when he has symptoms?

- I must keep my child in isolation at home for 10 days.
- All household members must also self-isolate for at least 10 days unless they are considered protected*.
- All household members must monitor for symptoms for 14 days, whether vaccinated or not.

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*.

