



Direction régionale de santé publique

BY EMAIL

February 24<sup>th</sup>, 2021

To all parents

Re: For a pleasant spring break and safe return to school

Dear parents,

As Spring Break approaches, and on behalf of myself and the DRSP, I want to thank you again for all the efforts you are making to follow health measures in this still difficult and uncertain context.

#### **SPRING BREAK - SAFE ACTIVITIES FOR FAMILIES**

Spring Break will give young people a well-deserved breather, now that they have shown their capacity to adapt and their exceptional determination. However, the COVID-19 pandemic is still with us and we must redouble our efforts to avoid spreading the virus. But you can still make the most of this break. Here is a list of places and activities that young people and their families (maximum 8 people) are permitted to access:

- Outdoor activities in parks
- Skating rinks and arenas
- Nature parks
- Biodome and botanical garden
- Swimming pools
- Libraries
- Museums
- Movie theatres

The City of Montréal suggests a series of outdoor family activities to do during Spring Break. In some big parks, equipment is available for free for people under 18 years old. For more details go to the City's Website (<u>HERE</u>)

Linked cities also offer a variety of activities locally.

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PLUS FORT AVEC VOUS

#### THE NEED TO FOLLOW PUBLIC HEALTH DIRECTIVES

The situation is still fragile, especially with the arrival of variants. I want to remind you how important it is to comply with these directives:

- Limit gatherings of young people
- Respect the prohibition against gathering indoors
- Keep a 2-metre distance (6 feet) away from other people at all times and wear a mask
- In case of COVID-19 symptoms: get tested quickly and stay in isolation until you get your result
- Avoid contact with people vulnerable to COVID-19: people aged 70 and over people with weakened immune systems – people with chronic diseases or other risk factors

#### PREPARING TO RETURN TO SCHOOL: REMINDER OF THE GUIDELINES

To make sure that going back to school is as safe as possible for everyone, we remind you not to send your child to school if he or she has flu symptoms (e.g. fever or cough):

- A- What are the symptoms of COVID-19: For more information about the symptoms that indicate your child should stay home: <a href="https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/symptoms-transmission-treatment/">https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/symptoms-transmission-treatment/</a>
- **B-** When to get tested: If your child has symptoms of COVID-19, it is recommended that he or she get tested as soon as possible and before going back to school.

Sincerely,

Mylène Drouin

Regional Director of Public Health

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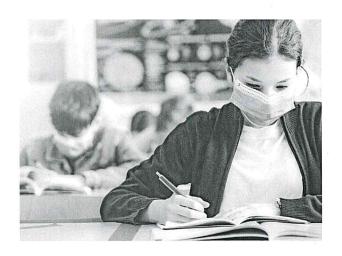
#### **TESTING AND PREVENTIVE ISOLATION**

### FOR A YOUNG CHILD IDENTIFIED AS A CONTACT\* OF A CONFIRMED COVID-19 CASE

This tool is designed to help you make an informed decision about getting a test for your child who came in contact with a confirmed COVID-19 case.

Public health recommends having your child tested, but this is not mandatory. However, before returning to school, your child must stay in preventive isolation for 14 days. Preventive isolation involves staying at home and observing social distancing with other members of your household.

Keeping your child in preventive isolation and getting him or her tested are the best ways to protect other people.



#### ? Why get tested?

- To determine if your child has COVID-19 (confirmed case)
- To help stop the spread of COVID-19 in your environment and at school
- To protect your community and vulnerable individuals
  - people aged 70 or over
  - people with weakened immune systems
  - people with chronic diseases or other risk factors

#### **DEFINITIONS**

- A confirmed COVID-19 case is someone who has COVID-19 and has had a positive test. This person must self-isolate for 10 days.
- A contact\* of a confirmed COVID-19
   case is someone who has been in
   contact with a confirmed COVID-19 case.
   This person must self-isolate for
   14 days.
- A person in contact with a contact of a COVID-19 case does not need to self-isolate and can continue regular activities.

For more information on precautionary measures, see the reverse.

### I refuse the test My child has no symptoms My child gets tested within the next 6 days or on the date indicated by public health. I accept the test My child self-isolates immediately My child and household members must selfisolate while awaiting their test results. My child gets tested immediately. I accept the test My child has symptoms the following criteria must also symptoms. To end isolation, For 10 days after onset of I refuse the test My child must stay in isolation

# THE TEST IS POSITIVE My child is a confirmed case

Isolation continues for 10 days from when symptoms appeared or from the date of the test, if the child did not have symptoms. To end isolation of a confirmed case, the following criteria must be met:

cough, loss of smell, loss of or

Improved symptoms for at

No fever for 48 hours

be met:

least 24 hours (excluding

altered sense of taste, which

can last longer)

- No fever for 48 hours
- Symptoms improved for at least 24 hours (excluding cough, loss of smell, loss of or altered sense of taste, which can last longer)

vigilant and watch for symptoms

of COVID-19.

Household members must be

# All household members must get tested and self-isolate.

questionnaire to get instructions.

out the online self-assessment

line at 1-877-644-4545 or fill

person must call the COVID

In case of symptoms, the

Family members in close contact with the child begin a 14-day preventive isolation period from the date of the last contact with the child. If contact with the sick child could not be avoided during the child's 10-day isolation period, household members must isolate for at least 24 days, since their isolation must begin after the child's isolation period ends: 10 days for the child + 14 days for the contact = 24 days

## $\ensuremath{\mathsf{A}}$ new isolation period starts if:

- Another person in the household tests positive for COVID-19
  - Parents or siblings develop symptoms

My child continues the **14-day isolation period after the most recent contact with the confirmed COVID-19 case.** Parents and siblings continue their regular activities. Everyone in the household watches for symptoms.

THE TEST IS NEGATIVE

My child develops **symptoms**. The child must **get tested immediately**. My child **and household members** must self-isolate while awaiting their test results.

THE 2ND TEST IS POSITIVE THE TEST IS NEGATIVE

My child ends the isolation period 14 days after the most recent contact with the confirmed COVID-19 case.

If a child who has tested negative still has symptoms, you must call the COVID line at 1-877-644-4545 to check if the child is allowed to go back to school.

Centre intégré universitaire de santé et de services sociaux du Centre-Sudde-l'Île-de-Montréal

