



**NOTE:** A person who had COVID-19 after December 20, 2021 is immune for 3 months. The person does not have to isolate or undergo a screening test if symptoms develop. He can return to school/work when his health condition permits.

## SUMMARY OF GUIDELINES FOR INDIVIDUAL SHOWING COVID-19 SYMPTOMS OR WHO HAVE TESTED POSITIVE FOR COVID-19

An individual who develops COVID-19 **symptoms** (except if he had COVID-19 after Dec. 20, 2021) must:  
**Self-isolate** for a minimum of 24 hours;  
Immediately undergo a **rapid test**, if available \*;  
 If the first rapid test is negative, take a **2<sup>nd</sup> rapid test** 24 hours later.

The individual may return to school/work IF the 2<sup>nd</sup> rapid test is negative AND symptoms have regressed AND at least 24 hours have passed without a fever.

\* **School personnel** is given priority for PCR testing in screening centres. As such, staff members must refer to COVID-19 *Testing Guidelines for Personnel*.

### ISOLATION GUIDELINES FOR THE INDIVIDUAL WHO TESTED POSITIVE OR THE SYMPTOMATIC INDIVIDUAL WHO DOES NOT HAVE ACCESS TO RAPID TESTS OR IS A HOUSEHOLD CONTACT

12 years old and older		Under 12 years old and students with special needs (21 years old and under) who are unable to wear a mask
<b>Adequately vaccinated</b> (received at least 2 doses)	<b>Self-isolation for 5 days* from the onset of symptoms.</b> Mask at all times (including in classroom) and 2 m distance (if possible) for the next 5 days	<b>Self-isolation for 5 days from onset of symptoms AND undergo a rapid test on <u>day 5 or later</u>:</b> <ul style="list-style-type: none"> <li><b>If the rapid test is positive OR if a test is not available:</b> the isolation period continues for 5 additional days. (Another test can be undergone 24 hours later and isolation lifted if negative)</li> <li><b>If the test is negative:</b> the student can return to school*. Mask at all times (including in classroom) for the next 5 days (except for preschool students or those who are exempt).</li> </ul>
<b>NOT adequately vaccinated</b>	<b>Self-isolation for 10 days from onset of symptoms.</b> <b>Isolation can be lifted with a negative rapid test on day 5 or later*.</b> Return to school/work with mask at all times (including in classroom) and 2 m distance (if possible) for the next 5 days	

\*IF symptoms have regressed AND at least 24 hours have passed without a fever.

For more details on isolation of positive or symptomatic cases, please visit:

<https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/consignes-isolement-personne-atteinte-covid-19>

For isolation of travelers, please visit: <https://travel.gc.ca/travel-covid>



**Commission scolaire English-Montréal**  
**English Montreal School Board**

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## SUMMARY OF ISOLATION GUIDELINES FOR HOUSEHOLD CONTACTS OF COVID-19 CASES

All household contacts who are vaccinated (*regardless of the number of doses*) or who already had COVID-19 (*at any time*) do not have to self-isolate if a household member develops symptoms or has COVID-19.

A household contact who develops COVID-19 **symptoms** within 14 days (from the date of onset of symptoms of the first case in the household) is a COVID-19 case and must follow the isolation guidelines for individuals who develop symptoms on reverse.

### ISOLATION GUIDELINES FOR **CONTACTS** WHO LIVE IN SAME HOUSE AS A CONFIRMED COVID-19 CASE

Vaccinated (at least 1 dose) contacts  
Contacts who already had COVID-19 (at any time)

Unvaccinated contacts who never had COVID-19

#### No self-isolation required\*.

During the 10 days following the date of onset of symptoms of the 1<sup>st</sup> case in the household: **monitor symptoms, wear a mask at all times** (including in classroom except for preschool students or those who are exempt) and **maintain a 2 m distance** (if possible).

#### Self-isolation for 5 days from date of onset of symptoms of the first case in the household.

**Return to school/work\* on day 6:** monitor symptoms, wear a mask at all times (including in classroom except for preschool students or those who are exempt) and maintain a 2 m distance (if possible) for the next 5 days.

*The isolation period is not extended if another household member develops COVID-19 in the next 14 days.*

*Contacts do not need to isolate while a symptomatic household member is waiting for a screening test result.*

\*If contact remains asymptomatic.

For more information on testing for COVID-19, please visit: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/testing-for-covid-19>

For more information on isolation of contacts, please visit: <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/consignes-isolement-personne-en-contact-covid-19>



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