

# You have been exposed to a case of COVID-19 in someone who was fully immunized at school or daycare or on school transportation – School breakthrough contact letter

A [Class Order](#) under the Health Protection and Promotion Act is currently in effect. This requires everyone who is a confirmed case, potential case, or contact of a case, to follow Public Health direction.

A person you have been in close contact with has tested positive for COVID-19. You are considered a high-risk close contact. You are at a higher risk of having the virus and you must take certain precautions.

Due to the rapid rise in COVID-19 cases and in consultation with Ontario's Chief Medical Officer of Health, Public Health Sudbury & Districts 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](#).

## **You must self-isolate up to and including 10 days after your cohort (e.g. class, bus) was dismissed, even if you test negative.**

- If you have any symptoms, get tested right away (PCR testing, not rapid antigen testing). If you test negative, get tested again on or after 7 days after your cohort was dismissed.
- If you do not have symptoms, get tested on or after 7 days after your cohort was dismissed.
- If you test positive, Public Health Sudbury & Districts will contact you.

## **When can you return to school/work/daycare/school transportation?**

- If you test negative and have no new or worsening symptoms, you can return after the 10 days of self-isolation as long as you have no fever and your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms such as vomiting and diarrhea).
- If you test positive, you can return on a date communicated by Public Health Sudbury & Districts.
- If you do not get tested and had no symptoms, you can return after the 10 days of self-isolation.
- If you do not get tested and had any symptoms, contact Public Health Sudbury & Districts.

## **Do others in your home need to self-isolate?**

Those in your home need to self-isolate only if **any** of the following apply:

- All household members must isolate if you test positive, even if they are protected\* against COVID-19.
- Household members who are not protected\* against COVID-19 must isolate if you are symptomatic and waiting for your results. Those who are protected against COVID-19 do not need to isolate.
- Household members who are not protected\* against COVID-19 and are students at elementary or secondary school, attending daycare, or on school transportation, must stay away from school/daycare/school transportation and not gather with unvaccinated persons outside their home until after your full 10 days of isolation.

*\*Protected against COVID-19 means either fully vaccinated or previously positive for COVID-19 in the last 90 days*

Public Health Sudbury & Districts is available to answer any questions or provide any additional information. We can be reached at 705.522.9200, ext. 524 (toll-free 1.866.522.9200).

If you have worsening symptoms, call Telehealth at 1.866.797.0000 or a health care provider. **For urgent medical help, call 911.** Advise them that you have COVID-19.

For more detailed information, please refer to your letter: [Information for individuals who are close contacts of a COVID-19 breakthrough case in a school or daycare or on school transportation](#) (School breakthrough contact letter).