

# You have been exposed to COVID-19 at school or daycare or on school transportation – School 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.

**Are you fully vaccinated against COVID-19 or were a confirmed case of COVID-19 within the last 90 days?**

**Yes**

**No**

**Do you have any symptoms of COVID-19?**

**Yes**

**No**

**Get tested right away** (PCR testing, not rapid antigen testing). Isolate when you wait for your results.

**If negative**, get tested again on or after 7 days after your cohort was dismissed.

**When can you return to your regular activities (work, school, etc.)?**

You can stop isolating and return if you test negative, and once you have no fever and symptoms improving for 24 hours (48 hours for gastrointestinal symptoms such as vomiting and diarrhea).

You are not permitted to attend extra-curricular activities at school or the community until after 10 days after your cohort was dismissed, even if you test negative.

**If you do not get tested**, you cannot return to school until you contact Public Health Sudbury & Districts.

**Get tested right away** (PCR testing, not rapid antigen testing).

**If negative**, get tested again on or after 7 days after your cohort was dismissed. You do not need to isolate while waiting for your result.

**When can you return to your regular activities (work, school, etc.)?**

You can return immediately if you remain symptom-free.

You are not permitted to participate in extracurricular activities within the school or community for 10 days after your cohort was dismissed, even if you test negative.

**If you do not get tested**, you can return if you remain symptom-free.

**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.

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

**If you test negative and you 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 are improving for at least 24 hours (48 hours for gastrointestinal symptoms such as vomiting and diarrhea).

**If you test positive**, you can return on the 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 have symptoms**, call Public Health Sudbury & Districts.

# You have been exposed to COVID-19 at school or daycare or on school transportation – School contact letter

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

Those in the home need to self-isolate if **either** of the following apply:

- All household members must self-isolate **if you test positive**, even if they are protected\* against COVID-19.
- Household members who are not protected\* against COVID-19 must self-isolate if they are symptomatic and waiting for test results. Those who are protected against COVID-19 do not need to self-isolate.

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

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

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

- All household members must self-isolate **if you test positive**, even if they are protected\* against COVID-19.
- Household members who are not protected\* against COVID-19 must self-isolate if they are symptomatic and waiting for test results. Those in the home who are protected against COVID-19 do not need to self-isolate.
- Household members who are not protected\* against COVID-19 and are attending daycare or on school transportation or are students at elementary or secondary school, 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 case in a school or daycare or on school transportation](#) (School contact letter).