

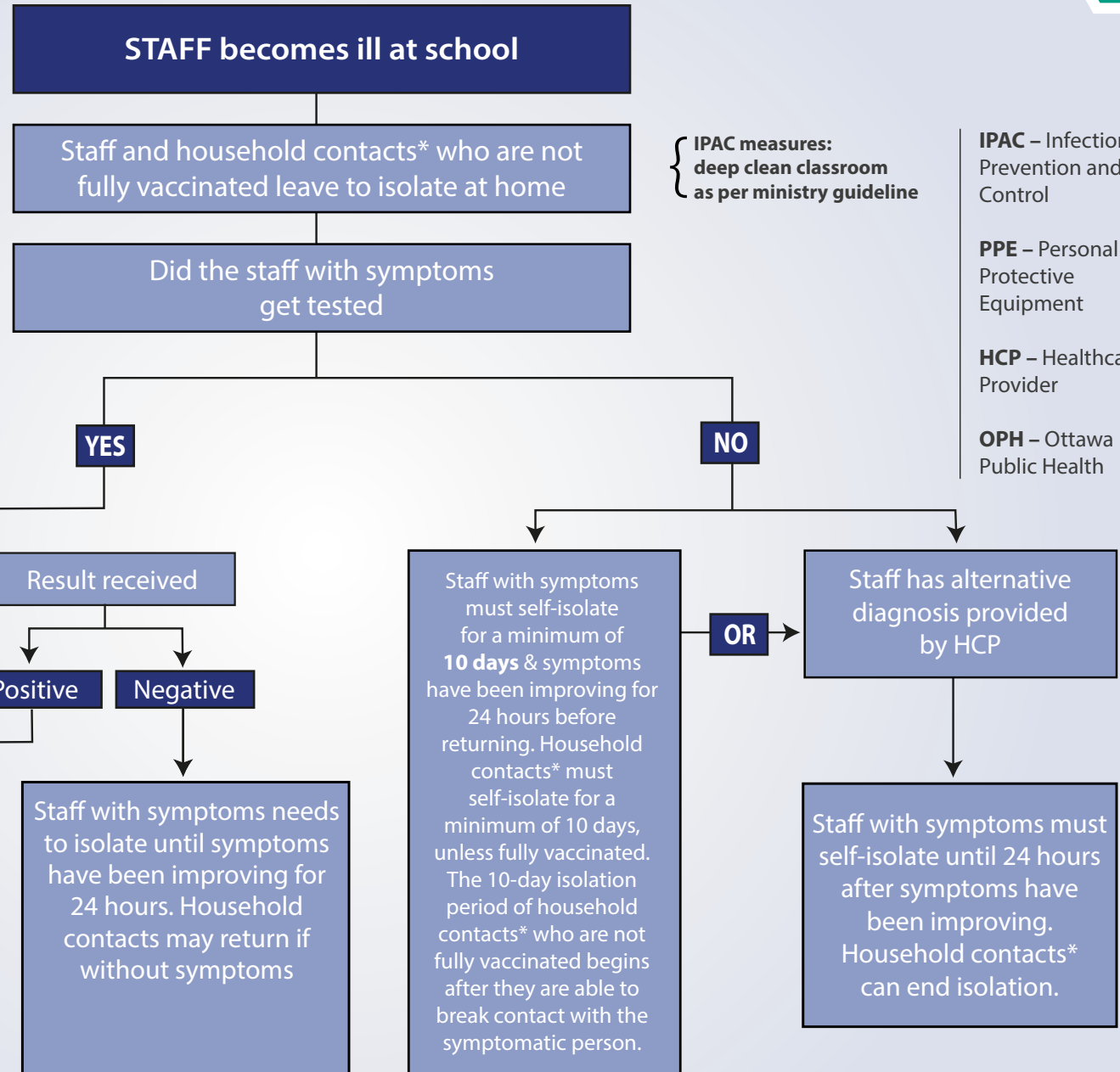
# Staff with COVID-19 Symptoms at School Decision Guide

Valid as of September 23, 2021

\* Household contacts\* that are fully vaccinated, and do not have any COVID-19 symptoms, do not need to isolate while waiting for the symptomatic person's test results.

**Fully vaccinated** means that it has been **at least 14 days** since you received:

- the full series of a COVID-19 vaccine authorized by Health Canada (e.g., 2 doses of Moderna, Pfizer-BioNTech or AstraZeneca/COVISHIELD, **OR** 1 dose of Janssen [Johnson & Johnson]) or any combination of such vaccines, **OR**
- one or two doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Sinopharm) followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada (e.g., Pfizer-BioNTech or Moderna) **OR**
- three doses of a COVID-19 vaccine not authorized by Health Canada (e.g., Abdala).



IPAC measures:  
deep clean classroom  
as per ministry guideline

IPAC – Infection Prevention and Control

PPE – Personal Protective Equipment

HCP – Healthcare Provider

OPH – Ottawa Public Health

## COVID-19 symptoms

Type	Symptoms <small>(new or worsening, and not related to other known causes or conditions you already have)</small> <b>IMPORTANT: Anyone with ANY of the symptoms listed in the chart is eligible for testing.</b>
<p><b>Most common symptoms of COVID-19</b></p> <p>*For adults (18 years and older) who are not considered high-risk contacts, you must get a COVID-19 test for the following symptoms even <b>if you are fully vaccinated</b></p> <p>If you have one or more of these symptoms and you choose not to get tested, you must <b>self-isolate</b> for 10 days.</p>	<p><b>Fever and/or chills</b> (Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher.)</p> <p><b>Cough or barking cough (croup)</b> (Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, COPD).)</p> <p><b>Shortness of breath</b> (Out of breath, unable to breathe deeply (not related to asthma).)</p> <p><b>Decrease or loss of taste or smell</b> (Not related to seasonal allergies, neurological disorders.)</p> <p><b>Muscle aches and pains</b> (That is unexplained or unusual (not related to related to a sudden injury, fibromyalgia, or receiving a COVID-19 vaccine the past 48 hours).)</p> <p><b>Extreme tiredness, lack of energy or feeling unwell</b> (That is unusual or unexpected (not related to depression, insomnia, thyroid dysfunction, or receiving a COVID-19 vaccine in the past 48 hours).)</p>
<p><b>Other symptoms of COVID-19</b></p> <p>The following symptoms <b>require</b> COVID-19 testing if you have been identified as a high-risk contact, <b>even if you are fully vaccinated</b>.</p> <p>If you have one or more of these symptoms you must <b>self-isolate</b> (i.e., you must stay home except for medical emergencies or to seek COVID-19 testing) for at least 24 hours until symptoms are improving:</p> <p>If you have not been identified as a high-risk contact, you are still eligible to get tested, but it is not required to return to work or school.</p>	<p><b>Sore throat</b> (Painful swallowing or difficulty swallowing (not related to seasonal allergies, acid reflux, post-nasal drip).)</p> <p><b>Runny or stuffy/congested nose</b> (Not related to seasonal allergies, being outside in cold weather, chronic sinusitis unchanged from baseline.)</p> <p><b>Conjunctivitis</b> (pink eye) (Not related to blepharitis, recurrent styes.)</p> <p><b>Decreased or lack of appetite</b> (Not related to anxiety, constipation.)</p> <p><b>Abdominal pain</b> (Persistent or ongoing (not related to menstrual cramps, gastroesophageal reflux disease)</p> <p><b>Headache</b> (New and persistent, unusual, unexplained, or long-lasting (not related to tension-type headaches, chronic migraines, receiving a COVID-19 vaccine in the last 48 hours).)</p>

**\*\*\*Please note, if you have been identified as a High-risk contact, you must get tested for ANY of the symptoms listed above. Even if you test negative, if you are not fully vaccinated you must remain in self-isolation from 10 days from your last exposure to someone with COVID-19, or as directed by OPH. Please see the Self-Isolation Instructions for Novel Coronavirus (COVID-19) and COVID-19 High Risk Contacts pages for more information.**