Staff with COVID-19 Symptoms at School Decision Guide
Valid as of September 16, 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/COVIDSHIELD, 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).

### Staff becomes ill at school

**Staff and household contacts** who are not fully vaccinated leave to isolate at home.

Did the staff with symptoms get tested?

- **YES**
  - **Result received**
    - **Positive**
      - Staff with positive test result and household contacts* who are not fully vaccinated stay in isolation and follow OPH guidance.
    - **Negative**
      - Staff with symptoms needs to isolate until symptoms have been improving for 24 hours. Household contacts may return if without symptoms.

- **NO**
  - **OR**
    - **Staff has alternative diagnosis provided by HCP**
      - Staff with symptoms must self-isolate until 24 hours after symptoms have been improving. Household contacts* can end isolation.

**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

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## COVID-19 symptoms

<table>
<thead>
<tr>
<th>Type</th>
<th>Symptoms</th>
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| **Most common symptoms of COVID-19** | *(new or worsening, and not related to other known causes or conditions you already have)*  
*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 if you are fully vaccinated*  
If you have one or more of these symptoms and you choose not to get tested, you must **self-isolate** for 10 days. |
| **Fever and/or chills** *(Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher.)* |  
**Cough or barking cough (croup)** *(Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, COPD).)*  
**Shortness of breath** *(Out of breath, unable to breathe deeply (not related to asthma).)*  
**Decrease or loss of taste or smell** *(Not related to seasonal allergies, neurological disorders.)*  
**Muscle aches and pains** *(That is unexplained or unusual (not related to related to a sudden injury, fibromyalgia, or receiving a COVID-19 vaccine the past 48 hours).)*  
**Extreme tiredness, lack of energy or feeling unwell** *(That is unusual or unexpected (not related to depression, insomnia, thyroid dysfunction, or receiving a COVID-19 vaccine in the past 48 hours).)* |
| **Other symptoms of COVID-19** | *(new or worsening, and not related to other known causes or conditions you already have)*  
**IMPORTANT: Anyone with ANY of the symptoms listed in the chart is eligible for testing.**  
**Required COVID-19 testing if you have been identified as a high-risk contact, even if you are fully vaccinated.**  
If you have one or more of these symptoms you must **self-isolate** *(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.*  
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. |
| **Sore throat** *(Painful swallowing or difficulty swallowing (not related to seasonal allergies, acid reflux, post-nasal drip).)* |  
**Runny or stuffy/congested nose** *(Not related to seasonal allergies, being outside in cold weather, chronic sinusitis unchanged from baseline.)*  
**Conjunctivitis** *(pink eye) *(Not related to blepharitis, recurrent styes.)*  
**Decreased or lack of appetite** *(Not related to anxiety, constipation.)*  
**Abdominal pain** *(Persistent or ongoing (not related to menstrual cramps, gastroesophageal reflux disease)*  
**Headache** *(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).)* |

***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.***