

Date:

dd/mm/yyyy

Subject: Your child presented with symptoms at school

Dear Parent or Guardian,

During the school day, your child presented with one or more symptoms. As a precaution, your child was separated from other children and supervised by a staff member until you were able to bring them home. This action was carefully explained to your child.

As per Ministry of Health guidance, parents or guardians are contacted to bring their child home from school when they present with symptoms during the school day. Also, as a precaution, siblings or other household members who attend the same school or another school are required to go home and self-isolate as well if your child's symptoms are consistent with the most common symptoms of COVID-19. Siblings and other household members who have no symptoms and are fully vaccinated* are not required to self-isolate. Please see bottom of letter for definition of 'fully vaccinated.'

What does this mean for my child?

- Your child must **stay home and isolate**. They cannot attend school or childcare.
- Take your child to get **tested** for COVID-19 only if they have one or more of **the most common symptom(s) of COVID-19**:
 - Fever, chills, cough or barking cough, shortness of breath, decrease or loss of taste or smell, nausea, vomiting, or diarrhea.
 - Keep your child **at home** while waiting for the test results.
- If your child has **other symptom(s) of COVID-19** not listed above, your child must **stay home** and isolate until symptoms have improved for 24 hours without the use of fever-reducing medication. They do not need to get tested unless they have had close contact with someone who tested positive for COVID-19.

Other symptoms include a sore throat, difficulty swallowing, runny or stuffy/congested nose, conjunctivitis (pink eye), or loss or lack of appetite. It also includes unusual headache or muscle aches or extreme tiredness (not related to getting a COVID-19 vaccine in the past 48 hours).

Testing Information

Testing can be done by appointment at a COVID-19 [Assessment Centre, Care Clinic, or Drive-Thru](#) which are run by our local hospital partners. (**Please note** that the Drive-Thru location will not test children under the age of 10). Staff at the

testing centre may be able to advise you on how long it is taking for laboratory results to be received at this time.

My child got tested, now what?

- Your child **must stay at home in isolation while waiting for the results of a COVID-19** test. They cannot attend school or childcare in person.
- Household members (including siblings) who are *not fully vaccinated** are also required to stay home and self-isolate. They cannot attend school/childcare/work. Household members (including siblings) who *are fully vaccinated** and do not have symptom do not need to isolate and can leave the home.

My child's test result was negative

If your child tests negative for COVID-19:

- Your child may return to school 24 hours after symptoms have been improving without the use of fever-reducing medication, or 48 hours after symptoms of vomiting or diarrhea have ended.
- Household members who do not have symptoms can stop isolation as soon as a negative test result is received and go to school/childcare and work.
- Fill out the [“Attestation for return to school for students following illness letter”](#) or speak to the Principal before sending them back to school.

My child's test result was positive

If your child tests positive for COVID-19:

- Your child, and all household members (including siblings) who are not fully vaccinated* must stay home and self-isolate.
- OPH will contact you to provide further direction and guidance. **You do not need to call OPH - OPH will call you.**

My child did not get tested, now what?

If your child has one or more of the most common symptom(s) [of COVID-19](#)

(fever, chills, cough or barking cough, shortness of breath, decrease or loss of taste or smell, nausea, vomiting, or diarrhea), **and does not get tested:**

- Your child may only return to school after a **minimum of 10 days**, if they do not have a fever, and their symptoms have been improving for 24 hours.
- Household members (including siblings) who are *not fully vaccinated** are required to stay home and self-isolate for at least 10 days from initial contact with the ill child. The 10-day isolation period of household contacts begins after they are able to break contact with the symptomatic child. If there is no break in contact, household members must start their 10-day isolation period at the end of the symptomatic child's isolation period. This results in an isolation period of at least 20 days (10+10 days). Household members (including siblings) who *are fully vaccinated** and do not have symptoms are not required to self-isolate but should still seek testing.

If your child has other symptom(s) of COVID-19 (sore throat, difficulty swallowing, runny or stuffy/congested nose, conjunctivitis (pink eye), or loss or lack of appetite. It also includes unusual headache or muscle aches or extreme tiredness):

- Your child does not need to get tested **unless** they have had close contact with someone who tested positive for COVID-19.
- They can return to school after symptoms have improved for 24 hours without the use of fever-reducing medication.

For more information:

- Please visit the OPH website for information on COVID-19 [symptoms](#), [self-monitoring](#), [self-isolation](#), [testing](#) and the [COVID-19 vaccine](#).
- Visit the [Supporting Schools website](#) and if applicable, see the [Attestation for return to school for students following illness](#) letter.
- If you have any further questions, you can call our Ottawa Public Health Information Centre at (613) 580-6744 to speak to a public health nurse.

You are not alone. Reach out for Help.

Please reach out if you need help. Call **2-1-1** or visit [211 Ontario](#) to find financial and social support during COVID-19. If you need immediate help, call:

- The Ottawa Distress Line/ Help Line at 613-238-3311 or
- The Mental Health Crisis Line at 613-722-6914

*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).

**If you are immunocompromised, (e.g., organ or stem cell transplantation recipients, undergoing chemotherapy or immunosuppressive therapies), call Ottawa Public Health 613-580-6744 for further guidance.*

Sincerely,

Ottawa Public Health

September 21, 2021