

October 26, 2021

**Public Health Sudbury & Districts works with Public Health Ontario to follow-up with close contacts of COVID-19 cases. Public Health Ontario does not customize direction based on local investigations. Local direction is based on individual circumstance and risk assessment, after detailed follow up and is based on a number of factors (such as vaccination status, breakthrough cases, and Variants of Concern). If you receive conflicting information on your isolation, please follow the directions in this letter that you must isolate regardless of your vaccination status.**

Dear Parent/Guardian, Student, Staff: Grade 4A

An individual who attended École Ste-Marie in Grade 4A has tested positive for COVID-19 and your child/student/staff has been identified as a potential close contact.

Someone is considered a close contact if there is a chance that they had a high-risk exposure to someone who tested positive for COVID-19.

Public Health Sudbury & Districts (PHSD) has investigated and determined that the last date of high-risk exposure was October 22, 2021.

If the child/student/staff has or develops any of the following symptoms, they must immediately isolate and should get tested as soon as possible.

- Fever and/or chills (temperature of 37.8 degrees Celsius/ 100 degrees Fahrenheit)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of taste or smell
- Nausea, vomiting and/or diarrhea
- Fatigue
- Muscle aches and pain
- Sore throat
- Runny or stuffy nose
- Abdominal pain
- Headache
- Conjunctivitis (pink eye)
- Decreased or lack of appetite

#### **Sudbury**

1300 rue Paris Street  
Sudbury ON P3E 3A3  
t: 705.522.9200  
f: 705.522.5182

#### **Elm Place**

10 rue Elm Street  
Unit / Unité 130  
Sudbury ON P3C 5N3  
t: 705.522.9200  
f: 705.677.9611

#### **Sudbury East / Sudbury-Est**

1 rue King Street  
Box / Boîte 58  
St.-Charles ON P0M 2W0  
t: 705.222.9201  
f: 705.867.0474

#### **Espanola**

800 rue Centre Street  
Unit / Unité 100 C  
Espanola ON P5E 1J3  
t: 705.222.9202  
f: 705.869.5583

#### **Île Manitoulin Island**

6163 Highway / Route 542  
Box / Boîte 87  
Mindemoya ON P0P 1S0  
t: 705.370.9200  
f: 705.377.5580

#### **Chapleau**

34 rue Birch Street  
Box / Boîte 485  
Chapleau ON P0M 1K0  
t: 705.860.9200  
f: 705.864.0820

#### **toll-free / sans frais**

1.866.522.9200

**phsd.ca**



Due the nature and findings of Public Health's investigation, the child/student/staff's cohort has been dismissed from school/daycare, and all students identified as close contacts are required to seek testing and self-isolate, **regardless of vaccination status**. If the isolation period changes or is extended, you will be notified by letter.

### Instructions for Testing and Self-Isolation

The child/student/staff should self-isolate (stay home) immediately, and only go out to get tested or for medical emergency. They will be contacted by Public Health with instructions on when to get tested (generally 7 days after exposure) and when they can end isolation and return to school/childcare.

	<b>Has symptoms of COVID-19 (listed above)</b>	<b>Does not have symptoms of COVID-19 (asymptomatic)</b>
<b>When should the child/staff get tested?</b>	Seek testing immediately <b>AND</b> on or after 7 days from the date of high-risk exposure (listed above).  COVID-19 assessment centers are listed below.	Seek testing on or after 7 days from the date of high-risk exposure (listed above).  COVID-19 assessment centres are listed below.
<b>Does the child/staff need to isolate?</b>	They are required to self-isolate at home immediately while awaiting their test results.  If they test <b>positive</b> , <b>Public Health will contact you to provide additional information.</b>  If the child/staff tests <b>negative and remains asymptomatic</b> , <b><u>isolate up to and November 1, 2021.</u></b>	
<b>Do household contacts members need to self-isolate?</b>	Household members who are <b>fully immunized or previously positive<sup>1</sup> within the past 90 days</b> are <b>not required</b> to self-isolate, as long as the household member does not develop symptoms.  Household members who are <b>not fully immunized</b> and not <b>previously positive within the past 90 days</b> : <ul style="list-style-type: none"> <li>• Must isolate while the child/staff is awaiting their test results.</li> <li>• Must isolate if the child/staff tests <b>positive</b>.</li> </ul>	Household members who are <b>fully immunized or previously positive<sup>1</sup> within the past 90 days</b> are <b>not required</b> to self-isolate, as long as the household member does not develop symptoms.  Household members who are <b>not fully immunized</b> and who were <b>not previously positive within the past 90 days</b> should stay home except for essential reasons (school, work, childcare) if the child is <b>asymptomatic</b> .

<p><b>When can my child/staff return to school/childcare?</b></p>	<p>If they test <b>positive</b> <b>Public Health will contact you to provide additional information on return to work/school</b> If they test <b>negative</b>, and provided no new or worsening symptoms, they can return on <b>November 2, 2021</b>, as long as they have no fever and symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (for example: vomiting, diarrhea).</p>	<p>They can return to school on <b>November 2, 2021</b>.</p>
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For anyone who is required to self-isolate, Public Health Ontario's resource [How To Care for a Child Who Needs to Self-Isolate](#) provides more information.

If you are concerned about new or worsening symptoms of COVID-19, contact Telehealth Ontario at 1-866-797-0000, or your health care provider.

Call 911 or take the child/staff to the nearest hospital immediately if the child/staff is experiencing any of the following symptoms:

- Severe difficulty breathing (struggling for each breath, can only speak in single words)
- Severe chest pain (constant tightness or crushing sensation)
- Feeling confused or unsure of where they are
- Losing consciousness

An individual is **fully immunized** if at least 14 days prior to their high-risk exposure they have received:

- the full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines.
- one or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, or
- three doses of a COVID-19 vaccine not authorized by Health Canada.

An individual is considered **previously positive** if they tested positive for COVID-19 in the last 90 days and have since be cleared from their infection.

**COVID-19 testing is offered at the following locations. Appointments are required.**

Health Sciences North Assessment Centre

- 705.671.7373 between the hours of 9 a.m. and 5 p.m., 7 days per week
- Online form: [Request an Appointment at the COVID-19 Assessment Centre \(hsnsudbury.ca\)](https://hsnsudbury.ca)

Manitoulin Health Centre Assessment Centre

- Mindemoya 705.377.5311, between the hours of 9 a.m. and 5 p.m., 7 days per week.
- Little Current 705.368.2300, between the hours of 9 a.m. and 5 p.m., 7 days per week.

Noojmowin Teg Health Centre

- 705.368.2182 between the hours of 8:30am and 4:00pm, Monday to Friday

Espanola and area communities assessment centre (for clients in Nairn, McKerrow, Massey, Sagamok, Webwood, Espanola, and Birch Island)

- 705.869.1420, ext. 4500, between 8 a.m. and 4 p.m., 7 days per week.

Chapleau Assessment Centre

- 705.864.2568 between the hours of 9 a.m. to 5 p.m., Monday to Friday.

If you have any questions or concerns, please contact Public Health Sudbury & Districts at 705.522.9200, ext. 524.

Public Health Sudbury & Districts

705.522.9200

1.866.522.9200

[phsd.ca](https://phsd.ca)

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