



Winter Plan: Return to School

January 2022

COVID-19 School Operational Plan Guidance Document

Purpose:

To offer support to ASDN Staff on the topics of **Contacts, Isolation, and Symptoms** as of the date of this document.

Contact:

Household Contact:

The people who live with you, who share common spaces such as a kitchen, living room and bathroom.

Community Close Contact:

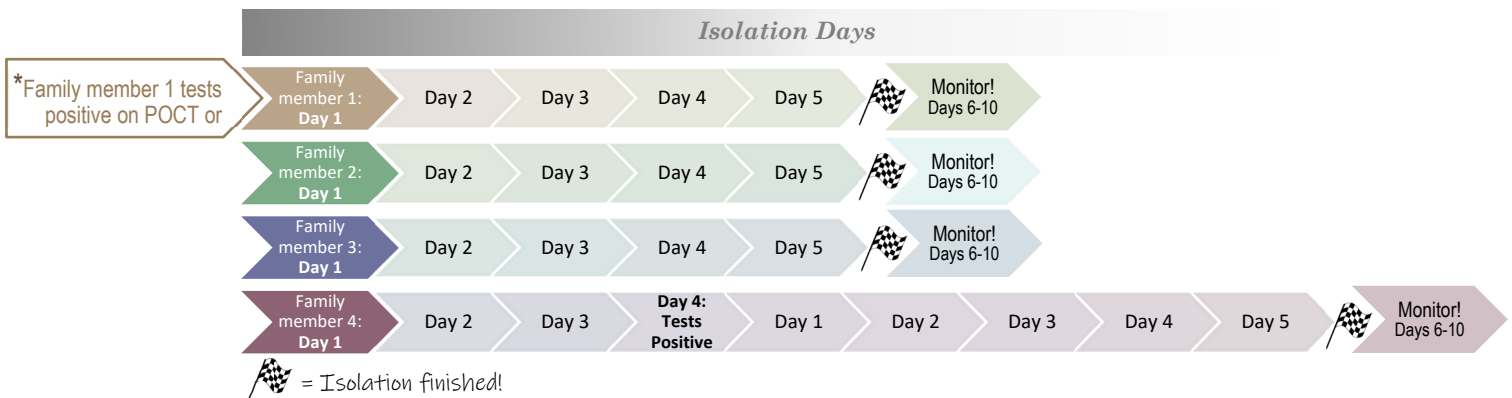
The people you do not live with but have also been:

- within two metres (six feet) of you, AND
- for at least 15 minutes, AND
- without masking or barriers in place, AND
- includes the 48 hours before you/they tested positive.



Isolation:

1. If a **household contact** tests positive for COVID-19 they will be required to isolate for the 5 days (*10 if not vaccinated*) after their test date.
2. If the person in (1) is the first household positive test, all household members will isolate for the 5 days (*10 if not vaccinated*) and monitor closely for symptoms.
3. The isolation period of other household contacts is not extended unless they test positive, at which time their 5 days restarts. See example for a family of 4 below:



- **Community close contacts** DO NOT need to isolate, but for the 10 days since they were last with the positive case they must:
 - Closely self-monitor for symptoms, AND
 - Mask continuously when outside the home, AND
 - Wash hands often and physical distance in public settings, AND
 - Avoid gatherings or visiting places where vulnerable people may live, AND
 - Get tested if 1 or more symptoms develops (POCT or PCR if eligible).

Symptoms:

Symptoms of Covid-19 can present up to 10 days after exposure and include:

- Fever
- A new cough, or worsening chronic cough
- Sore throat
- Runny nose
- Headache
- A new onset of fatigue
- Diarrhea
- Loss of sense of taste
- Loss of sense of smell
- In children, purple markings on the fingers and toes
- Difficulty breathing

If symptoms appear:

1. Test using a POCT (or PCR if eligible)
 - a. If test is negative (-) and you feel well enough to attend school/work, then you may do so.
 - i. Unless your symptom(s) is fever and/or diarrhea – Do not attend school/work, regardless of a negative POCT.
 - b. If you test negative (-) but DO NOT feel well enough to attend school/work, then stay home. Let's not forget that there are other reasons we may be ill.
 - c. If you test positive (+) notify your supervisor and close contacts and isolate as required.
 - d. If symptoms are related to a pre-existing condition (i.e., those related to allergies) a single test can be done to exclude COVID, unless symptom worsens, or additional symptoms arise.