Public Health
Santé publique
SUDBURY & DISTRICTS

November 18, 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.

Dear Parent/Guardian, Student, Staff: **Before and after school program**

An individual who attended **YMCA Lansdowne site** in **Before and after school program** 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 has investigated and determined that the last date of high-risk exposure was **November 15.**

If the child/student/staff has or develops any of the following symptoms, they 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

Based on this investigation, Public Health has concluded that direction will be based on an individual's immunization status. If the isolation period changes or is extended, you will be notified by letter.

Please carefully review the following direction for those who are **fully immunized** (or previously positive) and the direction for those who are **NOT fully immunized** (or immunization status unknown or not previously positive). Please follow the scenario applicable to your situation.

Fully immunized (or previously positive): Public Health direction

If the child/staff is not immunocompromised and has been **fully immunized** for COVID-19 or was a **confirmed positive** case within the last 90 days, this section applies to them.

[1]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; OR
- 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.

[2]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.

Public Health direction:

	Child/staff has any symptoms of COVID-19 (listed above)	**Child/staff does not have symptoms of COVID-19 (asymptomatic)**
When should the child/staff get tested?	Test immediately. COVID-19 assessment centres are listed below. If they test negative, a **repeat test** is recommended on or after day 7 from the last date of high-risk exposure (listed above).	Testing is recommended as soon as possible. COVID-19 assessment centres are listed below. If the individual tests negative, a **repeat test** is recommended on or after 7 days from the last date of high-risk exposure (listed above).
Does the child/staff need to isolate?	They are required to isolate while awaiting their test results. If a **negative** result, they can stop isolating, but should continue to stay home until they have no fever and symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (for example: vomiting, diarrhea). If they test **positive**, **Public Health will contact you to provide additional information.**	They are **not required** to isolate while waiting for their test results. If they test **positive**, they must isolate for 10 days from the date that the test was done/sample collected. **Public Health will contact you to provide additional information.**

	Child/staff has any symptoms of COVID-19 (listed above)	Child/staff does not have symptoms of COVID-19 (asymptomatic)
When can the child/staff return to school/ work?	If they test **positive, Public Health will contact you to provide additional information on return to work/school** • If they test **negative**, they can return once they have no fever and symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (for example: vomiting, diarrhea).	Immediately, unless otherwise directed by Public Health. Contact your school/work to find out when in-person instruction will resume for this class/cohort, if applicable.
Do household members need to self-isolate?	Household members who are **fully immunized**[1] or **previously positive within the past 90 days**[2] are **not required** to self-isolate unless they develop symptoms. Household members who are **not fully immunized** and not **previously positive within the past 90 days:** • Must isolate while the child is awaiting their test results. • Must isolate if the child tests **positive**. • Can stop isolating if the child tests **negative.**	Household members are **not required** to self-isolate, regardless of the household member's immunization or previously positive status unless the household member develops symptoms.

NOT fully immunized (or immunization status unknown or not previously positive): Public Health direction

If the child/staff is immunocompromised or has **NOT been fully immunized**[3] or was **not a previously positive**[4] case within the last 90 days, this section applies to them.

[3]An individual is **not fully immunized** if at least 14 days prior to their high-risk exposure they have **not** received:

- the full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines; OR
- 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.

[4]An individual is **not previously positive** in the last 90 days if they have not tested positive for COVID-19 in the last 90 days and been cleared of their infection.

Public Health direction:

	Child/staff has symptoms of COVID-19 (listed above)	Child/staff does not have symptoms of COVID-19 (asymptomatic)
When should the child/staff get tested?	Test immediately. COVID-19 assessment centers are listed below. If they test negative, a **repeat test** is recommended on or after day 7 from the last date of high-risk exposure (listed above).	Seek testing on or after 7 days from the date of high-risk exposure (listed above)
Does the child/staff need to isolate?	They are required to self-isolate at home immediately while awaiting their test results. If they test **positive, Public Health will contact you to provide additional information.** If they test **negative and remains asymptomatic**, they must continue to isolate up to and including **November 25.**	
When can the child/staff return to school/work?	If they test positive, Public Health will contact you to provide additional information on return to work/school. If they test **negative**, and provided no new or worsening symptoms, they can return on **November 26** 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).	
Do household contacts members need to self-isolate?	Household members who are **fully immunized[1]** or **previously positive within the past 90 days[2]** are **not required** to self-isolate, as long as the household member themself does not develop symptoms. Household members who are **not fully immunized[3]** and not **previously positive within the past 90 days[4]:** • Must isolate while the child is awaiting their test results. • Must isolate if the child tests **positive**. • Can stop isolating if the child tests **negative**, but should stay home except for essential reasons (school, work, child care).	Household members who **are fully immunized[1]** or **previously positive within the past 90 days[2]** are **not required** to self-isolate, as long as the household member themselves does not develop symptoms. Household members who are **not fully immunized[3]** and who were **not previously positive[4] within the past 90 days** should stay home except for essential reasons (school, work, child care) if the child is **asymptomatic** OR tests **negative.**

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 your child to the nearest hospital immediately if your child 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

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)

Manitoulin Health Centre Assessment Centre

- Mindemoya 705.377.5311, Monday, 8:30 a.m. to 1 p.m., Tuesday and Thursday, 8:30 a.m. to 7:30 p.m.
- Little Current 705.368.2300, Monday, 8:30 a.m. to 1 p.m., Tuesday and Thursday, 8:30 a.m. to 7:30 p.m.

Noojmowin Teg Health Centre

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

Espanola and area COVID assessment centre

- 705.869.1420, ext. 4500, between 8 a.m. and 4 p.m., Monday to Friday.

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

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1.866.522.9200
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