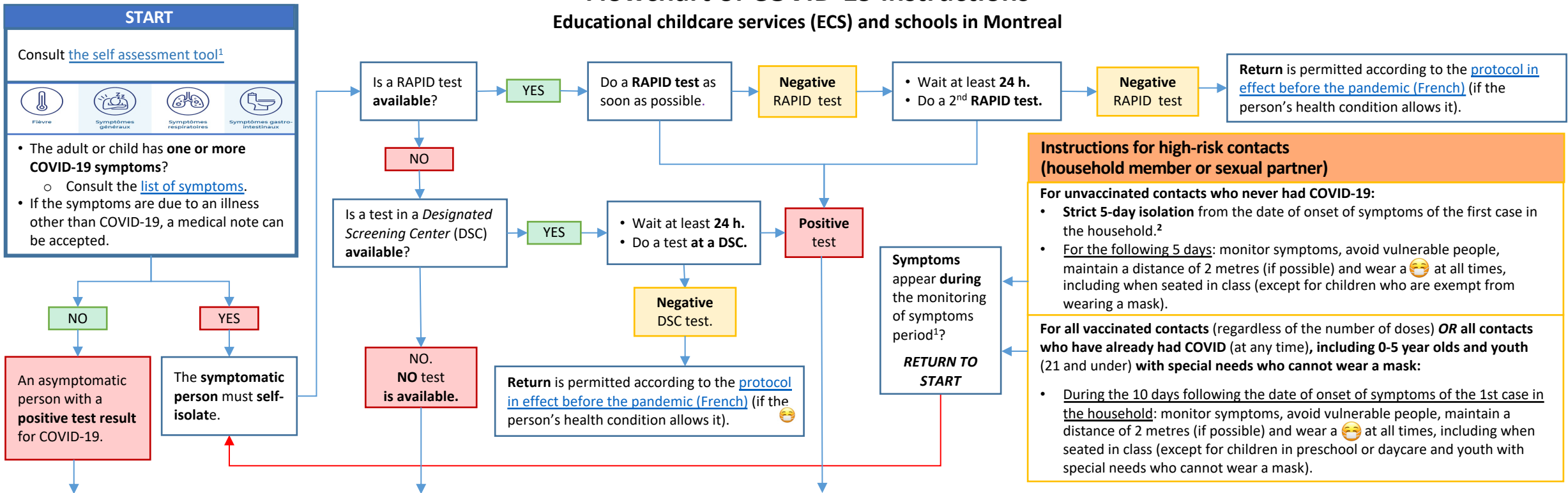


Flowchart of COVID-19 instructions

Educational childcare services (ECS) and schools in Montreal



Instructions for high-risk contacts (household member or sexual partner)

For unvaccinated contacts who never had COVID-19:

- **Strict 5-day isolation** from the date of onset of symptoms of the first case in the household.²
- **For the following 5 days:** monitor symptoms, avoid vulnerable people, maintain a distance of 2 metres (if possible) and wear a 😷 at all times, including when seated in class (except for children who are exempt from wearing a mask).

For all vaccinated contacts (regardless of the number of doses) OR all contacts who have already had COVID (at any time), including 0-5 year olds and youth (21 and under) with special needs who cannot wear a mask:

- **During the 10 days following the date of onset of symptoms of the 1st case in the household:** monitor symptoms, avoid vulnerable people, maintain a distance of 2 metres (if possible) and wear a 😷 at all times, including when seated in class (except for children in preschool or daycare and youth with special needs who cannot wear a mask).

Instructions for people with COVID-19 apply, which vary by age and previous vaccination

Under 12 years and youth (21 and under) with special needs who cannot wear a mask:

- **At least 5-day isolation** from the date of onset of symptoms.²

12 years and over, NOT vaccinated (0 dose):

- **At least 5-day isolation** from the date of onset of symptoms.²⁻³

Conditions to lift isolation after 5 days:

- Symptoms improved AND No fever for 24 h (without medication)
- **Negative** result for a RAPID test done **on or after day 5** (if test available)³
- **For the following 5 days:** avoid vulnerable people, maintain a distance of 2 metres (if possible) and wear a 😷 at all times, **including when seated in class** (except for children who are exempt from wearing a mask) and avoid social gatherings.

12 years and over, vaccinated (regardless of the number of doses):

- **5-day isolation** from the date of onset of symptoms.²

Conditions to lift isolation after 5 days:

- Symptoms improved AND No fever for 24 h (without medication)
- **For the following 5 days:** avoid vulnerable people, maintain a distance of 2 metres (if possible) and wear a 😷 at all times, **including when seated in class** and avoid social gatherings.

¹ People who have had COVID-19 (i.e. a positive rapid test **OR** a positive laboratory test **OR** symptoms of COVID-19 within 14 days of a high-risk contact with a confirmed case) **within** 2 months from the date of onset of their symptom or the date of their positive test (in the absence of symptoms) **are considered protected. They do not have to be tested or self-isolate** (isolations is required if they have fever). However, protected people who present symptoms must limit their contacts, wear a 😷 in social interactions and avoid visiting vulnerable people for the next 10 days. **Despite the fact that it is not recommended to do so, if a person considered protected repeats a rapid test within 2 months following their episode and it is positive again, they must self-isolate and follow the instructions for people with COVID.**

² **The date of onset of symptoms (DOS)** is day 0 (ex.: if the DOS is February 1st, a 5-day isolation period is from February 1st to 6th, inclusively).

³ **The isolation period is for a maximum of 10 days.** If the person tests positive on or after day 5, they must wait 24 hours before doing another test. If the person does not have access to a rapid test **OR** if a special needs young person is unable to undergo rapid testing, their isolation period can be lifted after 10 days.