

BY E-MAIL

Sherbrooke, June 4, 2020

TO PARENTS OF CHILDREN ATTENDING PUBLIC AND PRIVATE SCHOOLS AND DAY CARES IN THE ESTRIE REGION

Subject: Exclusion and return measures related to COVID-19

Dear Parents:

We wish to inform you of changes concerning the exclusion criteria for children and workers in schools and day cares related to COVID as the result of new recommendations being issued. The tables below set out the reasons why your child should not go to school or day care, the indications for a nasal test for coronavirus, and the times authorized for returning to the setting.

Your child must not go to school or day care if:

1. Isolation was recommended for them:
 - Because they received a COVID-19 diagnosis.
 - Because they are moderate- or high-risk contacts for COVID-19 cases.
 - Because they are symptomatic and awaiting the results of a COVID-19 screening test.
2. They are living under the same roof as a person with COVID symptoms **AND** who is being investigated pending the results of a NAAT test.
3. They present with one or more of these signs or symptoms:
 - Fever
 - Sudden loss of smell without nasal congestion, with or without loss of taste
 - Respiratory symptoms: cough (new or worsened), shortness of breath, difficulty breathing, sore throat
 - General symptoms: intense fatigue, significant loss of appetite, generalized muscle aches (not related to physical exertion)
 - Gastrointestinal symptoms: vomiting and diarrhoea

When should my child have the COVID-19 nasal swab test?

1. When my child has symptoms consistent with COVID-19.
 - Parents must contact Info Santé at 811 for additional guidance
2. Where appropriate, at the request of the Direction de santé publique (e.g., in the presence of one or more affected people in the community):
 - You will be informed of this request verbally or in writing.

When can your child return to school or day care?

1. 24 hours after the end of symptoms:
 - If they have been tested for COVID-19 and the result is negative OR
 - If they have not tested and presented with one or more of the following symptoms:
 - Sore throat
 - Intense fatigue
 - Significant loss of appetite
 - Unusual generalized muscle aches (not related to physical exertion)
 - Vomiting
 - Diarrhoea

OR

 - If they have a medical assessment that identifies another apparent cause that accounts for the illness.
2. After 14 days of home isolation and no acute symptoms for 24 hours (excluding cough and loss of taste or smell), and no fever for 48 hours (without taking fever medication) if:
 - No test has been performed and no medical diagnosis has been made and that the child has had one of the following symptoms since the onset of the illness:
 - Fever
 - Cough (new or worsened)
 - Shortness of breath, difficulty breathing
 - Sudden loss of smell or taste
 - If the coronavirus test is positive.
3. According to the recommendations of a doctor or the Direction de santé publique during a personalized call from our office giving you specific instructions.

If you have any questions regarding COVID-19, please visit this website:
<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/> or call 1-877-644-4545.

Thank you for following these recommendations to reduce the risk of transmitting the disease to our children.



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