

Camp Bitobig – COVID-19 Policy and Protocols

Last Updated: March 22, 2022

The policies and procedures outlined below are meant to provide a safe environment for participants, their families, and staff while staying as true to our values and quality of programming at Camp Bitobig as possible.

We're committed to providing an environment that is fun, engaging and safe. Camp Bitobig will meet Ontario and Public Health Sudbury and Districts (PHSD) recommendations. However, doing so offers no absolute guarantee that you or your child will not be exposed to COVID-19.

Families and participants shall review and consent to the below policies and procedures. In addition to agreeing to these COVID-19 policies and procedures, participants and families will be required to review and agree to abide by our code of conduct (Appendix A).

This policy will be updated as guidance is provided by the Ministry of Health or PHSD. If significant policy change occurs after parents/guardians have reviewed and agreed to the policy, then the newer version will be distributed via email.

This guidance is subject to change. In the event of conflict between this guidance document and any other orders or directives issued by the Minister of Health or Chief Medical Officer of Health, the order or directive prevails. Please visit the Ministry of Health COVID-19 website: https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/2019_guidance.aspx and Directives, Memorandums and Other Resources pages: https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/dir_mem_res.aspx regularly for the most up to date information.

It is highly recommended that parents/guardians consult the website for Public Health Sudbury and Districts for updates and additional guidance: <https://www.phsd.ca/>. Complete summer camp guidance is provided in the Ministry of Health's COVID-19 Safety Guidelines for: Camps: [COVID-19 Safety Guidelines for: Camps](#) (Version 2.0 from March 1, 2022), along with the local public health unit information.

Common symptoms of COVID-19 include:

A list of common COVID-19 systems can be found online here: <https://www.ontario.ca/page/covid-19-stop-spread>

General

- All Conservation Sudbury staff and volunteers are required to provide proof of full vaccination
- Activities that involve singing are permitted as follows: Singing is permitted indoors within the same cohort or established cohort. Masking is required with as much distancing as possible between individuals with the use of a large well-ventilated space. Singing is permitted outdoors.

Screening & Camper Drop-Off

- Staff will perform a non-contact active symptom check upon arrival at the program or before boarding the bus. Staff will verify that participants have completed the Ontario School Screening Questionnaire (see Appendix B) before arrival. Parents/Guardians and all participants must complete the questionnaire. Parents/guardians are requested to screen using the online tool at home (by using the online tool at <https://covid-19.ontario.ca/school-screening/>) and staff will verify upon arrival that this has been completed. If parents/guardians did not screen before arrival then they will be asked to complete the online tool. Staff completing screening will ensure physical distancing and wear a medical mask.
- Symptom monitoring will include the common COVID-19 symptoms (see Appendix B for the school screening tool).
- Staff will also screen before arriving at work and send the results to their supervisor.
- Individuals displaying symptoms of COVID-19 (fever, cough, shortness of breath/difficulty breathing, etc.) will not be permitted to attend that day's program and will be encouraged to get tested. They will not be permitted to return until 5 days after the onset of symptoms, unless negative test results are provided and they are symptom free for 24 hours, or 48 hours from the last episode of vomiting or diarrhea.
- A child will not be able to attend camp if they have travelled outside of Canada or have been a close contact to someone who has tested positive. Details of these are listed in the Ontario School Screening tool (see <https://covid-19.ontario.ca/school-screening/> or Appendix B)
- If your child develops symptoms while at camp, they will be isolated and you will be required to pick them up within one hour.

Bus Transportation and Parent Drop Off

- Camper drop-off at Lake Laurentian Conservation Area will happen outside near the parking lot. Cohorts will have separate drop-off locations. The parent 'experience' ends at the drop-off area this year. We will smile while you give your child a hug, and then we will escort them to their respective space and instructor for the week.
- Parents or guardians doing drop-off will be required to wear a mask during drop-off screening and during pick-up.
- Masks will be required by staff and campers while on the bus. Campers will be required to sanitize their hands before boarding the bus.
- Cohorts will be seated separately on the bus.
- Eating and drinking will not be allowed on the bus.
- As much as possible, have one designated adult drop-off and pick-up each participant. This will reduce the number of adults who come in contact with staff members and program participants.

- ***IMPORTANT:** If families intend to carpool with other families, please indicate this in the registration process so we can cohort these children together*
- Personal items (other than those on the camp list,) brought to the program should be minimized. Please clearly label all personal items and ensure participants are familiar with their packed personal items.

Groupings

- A cohort is defined as a group of program participants who stay together throughout the duration of the camp week.
- Children will remain in a weekly cohort of a maximum of 23 children per grouping. Each group will have 3 camp counsellors. Camp staff are not included in the cohort count.
- Support workers for special needs children will not count as part of the cohort maximum, however they should remain with the cohort at all times and follow all policies and protocols for staff (such as daily screening and wearing appropriate personal protective equipment).
- Children living in the same household will be cohorted together. Please notify us at registration if your child(ren) should be cohorted with other participants. We will not be able to make any changes to cohorts once camp has begun.
- Camp counsellors will be assigned to a cohort and will remain with that group for the week.
- There will be 2 cohorts each week. These cohorts will not participate in any activities together. Each cohort will have their own designated area for their belongings, separated from the other group by a prominent visual cue, and a designated outdoor, covered lunch area.

Physical Distancing and Masking

- Physical distancing within a cohort is not required. Masks do not need to be worn when outdoors within the cohort. We will continue to support any campers who choose to wear masks during outdoor activities and/or to maintain physical distancing from other campers.
- Physical distancing may not be possible in situations such as providing first aid, managing participant behaviour and emotions, during safety and emergency situations or in inclement weather.
- Families will be asked to send participants to program with a clean mask and at least one replacement mask, as masks need to be replaced if/when they become soiled or wet.
- Where possible, staff should maintain a distance of two metres (six feet) from children. When providing direct care to children and distance cannot be maintained, staff will wear a medical mask. For example, when assisting with first aid, sunscreen, consoling, or assisting a child in any other way that requires closer than two metre contact.

Handwashing, Cleaning and Disinfecting

- Frequently touched surfaces/items will be cleaned with a Health Canada approved disinfectant as required.
- Each cohort will have designated equipment where possible. The use of shared materials is permitted. The risk associated with transmission with shared objects is low. The focus will be on regular hand hygiene and respiratory etiquette to reduce the risk of infection related to shared equipment, particularly when regular cleaning of shared objects is not feasible (example of this would be life jackets)
- Hand hygiene will be practiced at regular intervals and during natural breaks in programming. Hand washing stations and alcohol-based hand sanitizer will be easily accessible to all

participants and staff. Hand sanitizer will be approved for use in Canada and be at least 60% alcohol. Hand washing with soap and water will be the preferred methods of hand hygiene for participants.

- Staff will promote and practice frequent handwashing with program participants, scheduling time in their program to do so, and will provide instruction to children on proper handwashing procedures, supervise children while handwashing and provide assistance where necessary.
- High-touch surfaces will be cleaned and disinfected daily and will be documented per [Public Health Ontario's Cleaning and Disinfection for Public Settings](#) document. High-touch surfaces include but are not limited to door handles, washroom doors, faucets, toilet handles.
- Only one cohort will access the indoor washrooms at a time. Each cohort will have their own designated indoor washroom and these are cleaned daily.

Indoor Spaces

- The Nature Chalet and its washrooms will only be open to Camp Bitobig participants and staff.
- Masks will be required by participants when accessing the indoor space.
- Staff when indoors will always wear a medical mask.
- The outdoor porta-potties are available for use by camp participants and the general public accessing the Conservation Area. Porta-potties will be cleaned daily.
- All indoor touch surfaces will be disinfected between use by different cohorts and this will be documented per [Public Health Ontario's Cleaning and Disinfection for Public Settings](#) document
- The indoor space will be used infrequently for activities, or to seek shelter during inclement weather.
- The only time that both cohorts would be within the indoor space at the same time is during an emergency that would make it unsafe for the participant to stay within their designated covered lunch areas. Emergency events could be severe weather, such as thunderstorm, severe wind warnings, unsafe animals in nearby area, etc.
- In the emergency event that both cohorts need to be inside at the same time, masks are required for all participants and a 2m distance will be maintained between cohorts.

Meal Time

- We will be enforcing a strict no-sharing policy for food and drink.
- Participants will be eating at wooden picnic tables that have a surface that cannot be thoroughly sanitized. Therefore, we recommend that parents send a reusable placemat.
- Participants and staff will be encouraged to clean their hands before and after each meal.
- Participants must have their own refillable water bottle that is labeled, kept with them during the day, and not shared. This can be refilled at the refill station.
- Friday "Pizza Day" and afternoon freezies are still planned. Appropriate PPE including masks and gloves will be worn by the staff members distributing the food. All rules about food distribution set out by PHSD will be followed.
- There will be no food items for sale.
- Each cohort will eat snacks and meals in their designated picnic area. Lunch times and snack will be staggered to avoid overlap of cohorts at hand-washing stations and picking up lunches.

Suspected Cases or Symptoms of COVID-19 and Refunds

- If screening identified any symptoms of COVID-19 then the child will not be allowed to attend camp. They will not be permitted to return until 5 days after the onset of symptoms, unless negative test results are provided and they are symptom free for 24 hours, or 48 hours from the last episode of vomiting or diarrhea.
- Children displaying symptoms of COVID-19 (fever, cough, shortness of breath/difficulty breathing, etc.) during camp will be isolated in a designated place (outdoors, weather permitting) with a staff member wearing appropriate PPE and maintaining social distancing, and must be picked up immediately. If tolerated, the symptomatic child will wear a medical mask. They will not be permitted to return until 5 days after the onset of symptoms, unless negative test results are received and they are symptom free for 24 hours or 48 hours from the last episode of vomiting or diarrhea.
- If the child arriving with or developing symptoms of COVID-19 has a sibling in the program, the sibling is also to be isolated and picked up at the same time as the ill child.
- If a child cannot attend camp due to symptoms, then a pro-rated refund will be issued for any full days of camp remaining.
- Refunds will not be offered to families who fail to properly follow Conservation Sudbury policies and procedures, or create an unsafe environment for others.
- Camp participants and staff who have been in contact with a symptomatic participant should be monitored for symptoms and until laboratory tests, if any, have been completed.
- Staff members and camp participants awaiting test results after being in contact with a suspected case, who are symptomatic or have been advised to self-isolate by the local public health unit will be excluded from camp.

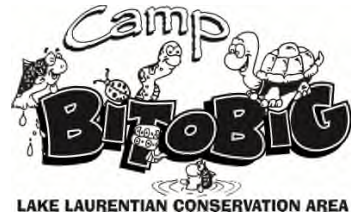
Sick Staff

- If a staff member becomes ill while at work they will put on a medical mask, maintain physical distance from all others, inform their supervisor, and return home immediately. The workplace screening tool will provide further direction about testing, isolation and return to work.
- If a staff member is identified as a close contact of someone who tests positive for COVID-19, they must report this to their supervisor. The workplace screening tool will provide further direction about testing, isolation and return to work.

Confirmed Case

- The following is considered the outbreak management plan.
- Attendance records will be kept for each program day to aid with contact tracing in the event that an individual tests positive for COVID-19. Attendance records will only be kept for the duration of summer camp.
- In the event of a positive case within a cohort, whether staff or camper, Camp staff will do the following:
 - Contact parents of the cohort, and they will have the choice to continue to attend (if applicable). Those who do not wish to attend will receive a pro-rated refund.
 - All campers from the cohort must monitor closely for symptoms and not attend camp if they do not pass screening.
 - Encourage mask wearing.
 - Conservation Sudbury staff, in consultation with Public Health Sudbury and Districts may consider dismissing the entire cohort home for the week if multiple cases occur.

- The above are steps as laid out by the Ontario Government (<https://covid-19.ontario.ca/exposed>)
- In the event of a camp closure, participants will receive a pro-rated refund for any remaining full days of camp. Closures may happen suddenly but staff will endeavor to communicate with all participants as soon as information is received. Complete camp closure would occur due to operational reasons, such as insufficient staff to support camp.
- Situations may arise where participants or staff are exposed to COVID-19 outside of the program environment (for example, to family members that don't attend the program, social contacts outside of program). Household members and others who live with the individual who has tested positive should use the school screening tool to identify whether they should be isolating, and/or can attend camp



Appendix A - Camp Bitobig Code of Conduct

At Camp Bitobig, we strive to provide a fun, safe, and respectful environment for all of our campers. We believe that every child has an equal right to have an excellent camp experience. Camp Bitobig has a zero-tolerance policy towards violence, bullying and harassment. Please remind your child that if they do notice or experience such behaviour from another camper, they should inform their counsellor or any other staff member immediately so the situation can be properly addressed. The Education Program Manager will expel any camper who is a threat to themselves, a fellow camper, staff member, or guest. Parents/Guardians will be notified and required to pick up the child. A refund will be issued for any full days not attended.

Your child must:

- Be able to take instruction and follow direction from camp staff and other instructors or service providers.
- Behave in a manner that does not negatively affect another camper's experience.
- Demonstrate, through words and actions, respect for the safety, feelings, and personal integrity of themselves and others, and understand that they may not physically or verbally hurt others.
- Respect Camp Bitobig equipment/property and other campers' property.
- Respect the natural environment and all the living things that call the Lake Laurentian Conservation Area home.
- Remain within instructed boundaries unless accompanied by a member of camp staff.

These guidelines are for the protection and benefit of all campers. Any violations can result in immediate expulsion from camp.

Appendix B – COVID-19 Screening Questionnaire

Screening questionnaire must be completed by all participants of Camp Bitobig, parent/guardians dropping off or picking up their child, and staff. Please answer honestly. *Please use online tool at <https://covid-19.ontario.ca/school-screening/>.* PDF of the screening tool is attached below.

If your child does not pass the screening, please call Camp at 705-674-8904 or email daniela.stuewer@conservationsudbury.ca immediately. Your child cannot attend Camp today.

COVID-19 screening tool for schools and child care settings

Version 4.5: March 9, 2022

Staff, students, children, and visitors must screen for COVID-19 every day before going to school or child care. Parent(s)/guardian(s) can fill this out on behalf of a child/student.

Date (mm-dd-yyyy) _____

Screening questions

NOTE: When the option of [5, 10] days is listed:

- Use 5 days if you are fully vaccinated AND/OR 11 years old or younger
- Use 10 days if you are 12 years old or older and not fully vaccinated OR if you are immunocompromised, OR if you attend or work at a school or student lodging in a highest risk congregate care setting (e.g., Provincial Demonstration School, a hospital school, or an Education and Community Partnership Program).

1. In the last [5, 10] days have you experienced any of these symptoms?

Anyone who is sick or has any new or worsening symptoms of illness, including those not listed below, should stay home until their symptoms are improving for 24 hours (or 48 hours for nausea, vomiting, and/or diarrhea) and should seek assessment from their health care provider if needed.

You may select "No" to all symptoms if **all** of these apply:

- You have completed your isolation of [5/10] days OR you tested negative for COVID-19 on one PCR test or rapid molecular test, or two rapid antigen tests taken 24 to 48 hours apart AND
- You do not have a fever AND
- Your symptoms have been improving for 24 hours (48 hours if you have nausea, vomiting, and/or diarrhea).

Choose any/all that are new, worsening, and not related to other known causes or conditions you already have.

Fever and/or chills Yes No

Temperature of 37.8 degrees Celsius/100 degrees Fahrenheit or higher and/or chills

Cough or barking cough (croup) Yes No

Continuous, more than usual, making a whistling noise when breathing (not related to asthma, post-infectious reactive airways, or other known causes or conditions they already have)

Shortness of breath Yes No

Out of breath, unable to breathe deeply (not related to asthma or other known causes or conditions they already have)

Decrease or loss of taste or smell Yes No

Not related to seasonal allergies, neurological disorders, or other known causes or conditions they already have

2. In the last [5, 10] days have you experienced any of these symptoms?

If you only had **one** of these symptoms, you may select "No" if your symptom has been improving for 24 hours (48 hours if you have nausea, vomiting, and/or diarrhea).

If you had **two or more** of these symptoms, you may select "No" if all of these apply:

- You have completed your isolation of [5/10] days OR you tested negative for COVID-19 on one PCR test or rapid molecular test, or two rapid antigen tests taken 24 to 48 hours apart AND
- You do not have a fever AND
- Your symptoms have been improving for 24 hours (48 hours if you have nausea, vomiting, and/or diarrhea).

Choose any/all that are new, worsening, and not related to other known causes or conditions you already have.

Sore throat or difficulty swallowing Yes No

Painful swallowing (not related to seasonal allergies, acid reflux, or other known causes or conditions you already have)

Runny or stuffy/congested nose Yes No

Not related to seasonal allergies, being outside in cold weather, or other known causes or conditions you already have

Headache Yes No

Unusual, long-lasting (not related to tension-type headaches, chronic migraines, or other known causes or conditions you already have)

If you received a COVID-19 and/or flu vaccination in the last 48 hours and are experiencing a mild headache that only began after vaccination, select "No."

Extreme tiredness Yes No

Unusual, fatigue, lack of energy (not related to depression, insomnia, thyroid dysfunction, sudden injury, or other known causes or conditions you already have)

If you received a COVID-19 and/or flu vaccination in the last 48 hours and are experiencing mild fatigue that only began after vaccination, select "No."

Muscle aches or joint pain Yes No

If you received a COVID-19 and/or flu vaccination in the last 48 hours and are experiencing mild muscle aches/joint pain that only began after vaccination, select "No."

Nausea, vomiting and/or diarrhea Yes No

Not related to irritable bowel syndrome, anxiety, menstrual cramps, or other known causes or conditions they already have

3. In the last [5, 10] days have you tested positive for COVID-19? Yes No

This includes a positive COVID-19 test result on a lab-based PCR test, rapid molecular test, rapid antigen test or home-based self-testing kit.

Select "No" if you have already completed your isolation period of [5, 10] days because your symptoms started before your positive test result AND:

- your symptoms have been improving for 24 hours (48 for nausea, vomiting, and/or diarrhea) AND
- you do not have a fever

4. Do any of the following apply?

Yes

No

- You live with someone who is currently isolating because of a positive COVID-19 test
- You live with someone who is currently isolating because of COVID-19 **symptoms** (any one or more symptoms from question 1 above or any two or more symptoms from question 2 above)
- You live with someone who is isolating while waiting for COVID-19 test results

Select "No" if you:

- are 18 years of age or older and have received your booster OR
- are 17 years of age or younger and are fully vaccinated OR
- completed your isolation after testing positive in the last 90 days (using a rapid antigen, rapid molecular, or PCR test).

Select "No" if your household member is isolating because of COVID-19 symptoms but has already tested negative on one PCR or rapid molecular test, or two rapid antigen tests.

5. Has a doctor, health care provider, or public health unit told you that you should currently be isolating (staying at home)?

Yes

No

This can be because of an outbreak or contact tracing.

6. Do any of the following apply?

Yes

No

- In the last 14 days, you travelled outside of Canada and were told to quarantine.
- In the last 14 days, you travelled outside of Canada and were told to not attend school/child care.

Results of screening questions

If you answered "YES" to ANY question, you cannot go to school or child care. Contact your school/child care provider to let them know that you will not be attending school today. See below for isolation and testing requirements.

NOTE: When the option of [5, 10] days is listed:

- Use 5 days if you are fully vaccinated AND/OR 11 years old or younger
- Use 10 days if you are 12 years old or older and not fully vaccinated OR if you are immunocompromised, OR if you attend or work at a school or student lodging in a highest risk congregate care setting (e.g., Provincial Demonstration School, a hospital school, or an Education and Community Partnership Program).



If you answered "YES" to any of the symptoms listed under question 1, do not go to school or child care.

- You must isolate (stay home) and not leave except to get tested, to get a clinical assessment, or for a medical emergency.
- If you are not tested, you must isolate for [5, 10] days from when symptoms started and stay in isolation until your symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms), and you do not have a fever, whichever is longest.
 - When determining your isolation period, the day your symptoms began is day 0. For example, for those isolating 5 days, if you develop symptoms on Saturday (day 0), you can return to school on Friday (day 6).
 - If your isolation period is 5 days, from days 6 to 10 after developing symptoms, you must not visit or attend work in any highest risk settings (unless you have tested positive for COVID-19 in the past 90 days and have already completed your isolation); continue to wear a well-fitted mask in all public settings; not visit anyone who may be at higher risk of illness (for example,

seniors or people who are immunocompromised); and avoid activities where you need to take off your mask (for example, playing a wind instrument in music class or removing your mask for sports).

- If testing is available:
 - If a single PCR test, rapid molecular test, or rapid antigen test is positive, you should follow the guidance above for "if you are not tested" and isolate for [5, 10] days.
 - If a single PCR or rapid molecular test is negative or two rapid antigen tests collected 24-48 hours apart are both negative, you may return to school/child care when your symptom(s) have been improving for at least 24 hours (48 hours for nausea, vomiting and/or diarrhea) and you do not have a fever.
- Household members must stay home at the same time as you, unless they are 17 or younger and fully vaccinated, 18 or older and have received their COVID-19 booster dose AND/OR they have previously tested positive for COVID-19 in the past 90 days and have already completed their isolation.
 - Household members isolating because of symptoms and/or a positive test result do not need to extend their isolation period if another household member develops symptoms or tests positive.
 - For 10 days after their last exposure to the person with COVID-19 symptoms, household members must not visit or attend work in any highest risk settings (unless they have tested positive for COVID-19 in the past 90 days and have already completed their isolation); continue to wear a well-fitted mask in all public settings; not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised); and avoid activities where they need to take off their mask (for example, playing a wind instrument in music class or removing their mask for sports).

! **If you answered "YES" to any of the symptoms listed under question 2, do not go to school or child care.**

- If you have experienced **only one** of these symptoms in the last [5, 10] days you must stay home until the symptom has been improving for at least 24 hours (48 hours for nausea, vomiting and/or diarrhea). A negative test result is not required for return to school/child care.
 - If you have been identified as a "close contact" of someone with COVID-19 in the last 10 days, even if you are fully vaccinated and the contact was not living with you, it is more likely that you have a COVID-19 infection. You must isolate for [5, 10] days and until you do not have a fever and your symptoms have been improving for at least 24 hours (48 hours for nausea, vomiting, and/or diarrhea).
 - Household members are not required to isolate as long as they do not develop symptoms.
- If you have experienced **two or more** of these symptoms in the last [5, 10] days you must isolate (stay home). Follow the instructions under "**If you answered "YES" to any of the symptoms listed under question 1, do not go to school or child care.**"

! **If you answered "YES" to question 3, do not go to school or child care**

- You must isolate (stay home) and only leave for a medical emergency or for clinical assessment.
- You must isolate for [5, 10] days from when symptoms started or from when you tested positive for COVID-19 (whichever was first) and stay in isolation until your symptoms have been improving for 24 hours (or 48 hours after nausea, vomiting and/or diarrhea symptoms) and you do not have a fever, whichever is longest.
 - When determining your isolation period, the day your symptoms started or you tested positive is day 0. For example, for those isolating 5 days, if you develop symptoms or test positive on Saturday (day 0), you can return to school on Friday (day 6).
 - If your isolation period is 5 days, from days 6 to 10 after testing positive or developing symptoms, you must not visit or attend work in any highest risk settings; continue to wear a well-fitted mask in all public settings; not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised); and avoid activities where you need to take off your mask (for example, playing a wind instrument in music class or removing your mask for sports).

- Household members must stay home at the same time as you, unless they are 17 or younger and fully vaccinated, 18 or older and have received their COVID-19 booster dose AND/OR they have previously tested positive for COVID-19 in the past 90 days and have already completed their isolation.
 - Household members isolating because of symptoms and/or a positive test result do not need to extend their isolation period if another household member develops symptoms or tests positive.
 - For 10 days after their last exposure to the person with COVID-19 symptoms or a positive test result, household members must not visit or attend work in any highest risk settings (unless they have tested positive for COVID-19 in the past 90 days and have already completed their isolation); continue to wear a well-fitted mask in all public settings; not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised); and avoid activities where they need to take off their mask (for example, playing a wind instrument in music class or removing their mask for sports).



If you answered “YES” to question 4, do not go to school or child care.

- You must isolate (stay home) while there is anyone in the home who is isolating because of symptoms of COVID-19, a positive COVID-19 test result, or is isolating while waiting for a COVID-19 test result. You should only leave home for a medical emergency or clinical assessment.
- All household members must stay home at the same time as the household member who has COVID-19 symptoms or is a positive COVID-19 case, unless they are 17 or younger and fully vaccinated, 18 or older and have received their COVID-19 booster dose AND/OR they have previously tested positive for COVID-19 in the past 90 days and have already completed their isolation
 - For 10 days after their last exposure to the person with COVID-19 symptoms or a positive test result, household members must not visit or attend work in any highest risk settings (unless they have tested positive for COVID-19 in the past 90 days and have already completed their isolation); continue to wear a well-fitted mask in all public settings; not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised); and avoid activities where they need to take off their mask (for example, playing a wind instrument in music class or removing their mask for sports).
- If another household member develops symptoms or tests positive, you must continue isolating until they have also finished their own isolation period. The initial household member(s) with symptoms and/or positive test results does not have to extend their isolation period based on other household members developing symptoms or testing positive.



If you answered “YES” to question 5, do not go to school or child care.

- You must isolate (stay home) for [5, 10] days and not leave except to get tested, to get a clinical assessment, or for a medical emergency.
 - When determining your isolation period, the day you were exposed to an individual with symptoms or COVID-19 is day 0. For example, for those isolating 5 days, if you were exposed on Saturday (day 0), you can return to school/child care on Friday (day 6).
 - If your isolation period is 5 days, from days 6 to 10 you must not visit or attend work in any highest risk settings (unless you have tested positive for COVID-19 in the past 90 days and have already completed your isolation); continue to wear a well-fitted mask in all public settings; not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised); and avoid activities where you need to take off your mask (for example, playing a wind instrument in music class or removing your mask for sports).
- As long as you and your household members do not develop any symptoms, they do not need to isolate but should self-monitor for symptoms.



If you answered “YES” to question 6, do not go to school or child care.

- You must follow federal guidelines for individuals who have travelled internationally.
- If you have been directed to quarantine you must stay home for 14 days and not leave except to get tested, to get a clinical assessment, or for a medical emergency. For more information on federal requirements for travellers, please see the [Government of Canada's website](#).
- If you develop symptoms, you must also follow isolation guidance found under the results to “If you answered “YES” to any of the symptoms listed under question 1 do not go to school or child care.” and/or “If you answered “YES” to any of the symptoms listed under question 2, do not go to school or child care.”



If you answered “NO” to all questions, you may go to school/child care. Follow your school/child care provider's established process for letting them know about this result.

- As per regular protocols, all sick individuals with any symptoms of illness should stay home and seek assessment from their regular health care provider if required.
- Individuals with severe symptoms requiring emergency care should go to their nearest emergency department.
- If you were identified as a close contact of someone with symptoms or with COVID-19 and advised to self monitor, for 10 days after your last exposure to the COVID-19 positive person/ person with COVID-19 symptoms, you must not visit or attend work in any highest risk settings (unless you have tested positive for COVID-19 in the past 90 days and have already completed your isolation); continue to wear a well-fitted mask in all public settings; not visit anyone who may be at higher risk of illness (for example, seniors or people who are immunocompromised); and avoid activities where you need to take off your mask (for example, playing a wind instrument in music class or removing your mask for sports).
- If you got a COVID-19 vaccine or flu shot in the last 48 hours and are experiencing mild fatigue/tiredness, muscle aches, and/or joint pain that only began after vaccination, you must wear a properly fitted mask for the entire time at school/child care. You may take the mask off to quickly eat or drink and you must stay at least two metres away from others while it is off. If your symptoms worsen, continue past 48 hours, or if you develop other symptoms: you should leave school/child care immediately to isolate.