

Notification of COVID-19 Cases, Self-Isolation, and Testing St. Paul's High School

Source Document: Restoring Safe Schools, Toolkit for Notification of Cases in Schools

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Overview of Notification Steps for COVID-19 Cases in Schools



Self-Identifying Cases

- To expedite the COVID-19 notification process, we ask parents to continue to notify the school if their son tests positive for COVID-19.
- By keeping open and transparent communication with the school, St. Paul's can assist Public Health with the investigation and can identify groups exposed and potential close contacts to mitigate risk of transmission.
- Please contact Bob Lewin, Principal at 204-831-2305 or by email, blewin@stpauls.mb.ca

Note: It is not necessary to notify the school if your son is being tested for COVID-19 unless a positive test result is received.

Public Health Criteria for Identifying Close Contacts

- Within two metres of a person confirmed positive for COVID-19:
 - Cumulative 10 minutes over 24 hours during the period of communicability.
 - Not wearing appropriate personal protective equipment (PPE).

OR

- Very close face-to-face interactions with someone who has COVID-19 without the use of appropriate PPE, even if the interaction was for a cumulative total of less than ten minutes.

Exemptions from Self-Isolation (Quarantine)

- Public health officials may exempt close contacts from self-isolation requirements if they are asymptomatic and are fully immunized.
- Public health will assess whether masks are used consistently by potential close contacts.
- Consistent mask-wearing increases the likelihood that the case will be deemed as low risk exposure.
- If the exposure is assessed to be low-risk contact, students and staff will be advised to self-monitor for symptoms and not be required to self-isolate if asymptomatic.

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Note: Individuals exempt from self-isolation should still self-monitor for symptoms of COVID-19 for 14 days following any exposure, and isolate immediately and get tested if any symptoms develop.

Risk Mitigation

- Get fully vaccinated.
- Self-screen daily for symptoms.
- Consistently wear a mask.
- Maintain physical distance to the greatest extent possible.
- Practice regular hand hygiene upon entry and exit of the class/school and before and after meals/snacks.

What is meant by consistently wearing masks?

- Masks must be worn indoors.
- Indoor mask breaks are infrequent, and occur for only a short period of time.

When are mask breaks allowed?

- During a lunch or snack break while food/drink is being consumed.
- When 2 metres or greater of physical distancing is maintained.

Self-Isolation and Testing Requirements for Close Contacts

- A person identified as a close contact must self-isolate as directed by a public health official.
- Currently, self-isolation is for a period of 10 days.
- Close contacts who are required to self-isolate are recommended to go for testing at day 7 after their last exposure to the case, or if symptoms develop.
- Regardless of whether the close contact tests negative, they must complete their 10 days of self-isolation.
- After 10 ten days, the close contact may return to school and resume regular activities provided they are asymptomatic.
- The close contact should be vigilant in self-monitoring for symptoms for 4 days following the required self-isolation period.

Note: Currently, anyone with symptoms of COVID-19 is eligible for testing.

Self-Isolation for Household Members of Close Contacts

- Public health officials will determine requirements for household members.
- Currently, household members of close contacts in general are not required to self-isolate as long as the close contact is asymptomatic and there are no other cases in the household.
- Household members should wear a mask and physical distance where possible when outside the household, and avoid leaving the home for non-essential reasons until the test results of the close contact are available.
- Public health officials may determine that some siblings and household members may be required to self-isolate depending on the level of risk.

What if a close contact develops symptoms?

All household members must self-isolate until the close contact's test results are known, unless household members are asymptomatic and exempt according to a public health official.