



## TERMINOLOGY & CONCEPTS

### SYMPTOMATIC

A person is identified as symptomatic when they **feel unwell**—sore throat, muscle aches or outward signs like cough or fever. Because COVID-19 symptoms overlap with those of other health issues, which symptoms are important and which are less likely to be COVID-19 have been updated. More changes may occur as scientists continue to learn about the illness and how it affects children.

### CONTACT

Public Health will assess the risks for anyone who is a **potential contact of a positive case**. The amount of time spent with the positive case, whether a mask or protective equipment was worn, proximity during contact and context will all be considered. Public Health will determine if contact was significant (moderate or high risk), **low-risk or not significant**, and will recommend specific actions based on the risk.

In the event of a positive case, Public Health will first talk to the child and family to **identify contacts** (family, friends, classmates) and analyze the risk. The school may be asked to have student and employee contact information available to facilitate reaching people. In the event of many low-risk (limited) contacts, the school will be asked to inform parents—via letter, facebook and phone calls. Public Health would contact those with medium and high-risk contact.

### EPIDEMIOLOGICAL EXPOSURE

This is **an assessment of probable ways to link** one person to another who may have given them COVID-19. Knowing a person was in direct contact is one type of direct epidemiological exposure. The other type of exposure is via travel and activities. Given there are presently no cases on the territory, epidemiological exposure takes into consideration where someone has been 14 days prior to getting sick—specific places such as social gatherings as well as contact with people meant to be isolating.

Because COVID-19 rates in other parts of the province are constantly changing, this risk assessment is dynamic and a key Public Health professional skill.

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### CONTACTS OF A CONTACT

Contacts of contacts are **rarely considered to be of significant risk**. Being a contact of someone who was exposed, but is not a positive case, is not considered an exposure. **Only a positive case can transmit the disease.**

### CASE

A case is defined by **someone having a positive test result**. In some cases, someone refusing to be tested and presenting significant symptoms could be defined as a clinical case. Only a doctor can declare someone as a clinical case.

### IDENTIFICATION OF A CONTACT

Done in partnership, contact identification **usually follows the declaration of a confirmed case**. The Public Health investigation team speaks with the confirmed case to review all possibilities for contact. Simultaneously, the school is contacted for all knowledge of the situation to determine a proper analysis. Colleagues and classmates may be interviewed for validation and additional information. Given sensitivity, this is done by someone neutral, to ensure transparency and adequate information.

### RISK EVALUATION

Risk evaluation is undertaken **when someone is suspected of being exposed** to COVID-19. This process has to be impartial. The evaluation is based on the person's situation, environmental measures in place and the wider epidemiologic landscape at the time.

### OUTBREAK

An outbreak of COVID-19 in a school is defined by **2 or more cases declared within 14 days** that cannot be linked by any other epidemiological exposure.



# EXPECTED SITUATIONS

These are illustrative examples only.

Each situation is a case-by-case analysis, considering symptoms, potential exposure to others who may present a risk (including travel), and background epidemiology of cases in various areas of the province, including in Eeyou Istchee (e.g. number of cases, community transmission).

**VERY  
COMMON**

**Child or teacher with possible COVID-19 symptoms.**

### **CHILD DEVELOPS FEVER AT SCHOOL.**

The child is isolated, goes home with their parent and INFO-LINE is called. They are advised to go to the clinic; tests result in a diagnosis of strep throat. They begin prescribed antibiotics, stay at home until fever is gone and then return to school once well.

COVID-19 test is not needed for return to school.

Classmates, friends, siblings, contacts and household members remain at school/work and do not need to isolate.

#### **ACTION**

The child isolates (goes home if at school, or stays at home) and family is advised to call INFO-LINE.

Depending on the evaluation of symptoms and risk assessment, they may or may not need to be seen at a clinic. Many will not need to be tested for COVID-19 at all and will be able to return to school when feeling better.

Classmates, friends, siblings, contacts and household members will not need to isolate.

**COMMON**

**CHILD DEVELOPS FEVER AND COUGH AT SCHOOL.**

The child is isolated, goes home with their parent and INFO-LINE is called. They are seen at the clinic and there is not another clear cause. The doctor decides to test for COVID-19.

The child isolates at home, and the test result in 2 days is negative. Public Health follows-up with the child and advises parents when the child can return to school.

Classmates, friends, siblings, contacts and household members remain at school/work and do not need to isolate.

**ACTION**

Child may need to be tested for COVID-19 and will return to school as per public health recommendations, after testing and when feeling better.

In most cases, classmates, friends, siblings, contacts and household members will not need to isolate.

Exceptionally, Public Health will directly advise any individual who needs to isolate and for how long.

**UNCOMMON**

**CHILD DEVELOPS FEVER AND COUGH AT SCHOOL AND BECOMES VERY SICK VERY QUICKLY.**

The child is isolated and immediately brought to the clinic. Tests are done, including for COVID-19, but need to be flown to Chisasibi. The weather is bad and the flight is cancelled—results may take longer than 2 days. The child is still sick but somewhat better with treatment, so is able to wait at home for test results.

Depending on Public Health's case-by-case risk analysis, classmates and close contacts possibly are recommended to stay home and self-isolate, pending test results.

**ACTION**

In rare circumstances when a child or staff member could have COVID-19 (based on a Public Health assessment of high risk), Public Health could recommend that the entire class and contacts isolate while awaiting test results.





There is an outbreak.

UNCOMMON

CHILD GETS SICK WITH FEVER AND COUGH ON FRIDAY.

Same as above but, 8 days later, another child (different class, different family, not a contact, hasn't travelled) becomes sick and tests positive.

The school is asked to close, and students and staff are asked to isolate. Contacts are traced and testing is arranged for high/medium risk ones. Closure could continue depending on further cases identified.

ACTION

The people diagnosed need to self-isolate.

The entire class of those diagnosed and their other contacts outside of class will need to self-isolate for at least 14 days starting from the last day of contact, and will need to be tested according to Public Health recommendations.

MOVING FORWARD

It is important to recognize that there is a high degree of precaution and concern about how to have a safe school year in the context of the pandemic for many people in Eeyou Istchee and across Quebec. These concerns may lead people to ask questions and speculate on whether people should be isolating or schools should be closing in situations that are not given here.

Public Health is here to support the Cree School Board and all of the communities through these situations. The core of Public Health work is **to assess the risk of the situation and to recommend the appropriate action** to protect health based on that assessment. Public Health Pivots are available for each school and should be contacted as soon as possible about any concerns. There is always a Public Health doctor on call to help manage any situations with the Pivot.



INSPQ : GUIDE POUR LA GESTION DES CAS ET DES CONTACTS DE COVID-19 DANS LES SERVICES DE GARDE ET DANS LES ÉTABLISSEMENTS D'ENSEIGNEMENT

+ <https://www.inspq.qc.ca/publications/3055-services-garde-enseignement-prescolaire-primaire-secondaire-covid19>



INSPQ : MESURES POUR LA GESTION DES CAS ET DES CONTACTS DANS LA COMMUNAUTÉ

+ <https://www.inspq.qc.ca/publications/2902-mesures-cas-contacts-communaute-covid19>





# WE ARE HERE TO HELP!

IMPORTANT PHONE NUMBERS



**WIICHIHIIWAAUWIN HELP-LINE (24/7)**

**1 833 632-4357**

If you are feeling stressed, overwhelmed or depressed



**COVID-19 INFO-LINE (9 AM – 9 PM)**

**1 866 855-2811**

For general questions, call the CBHSSJB Eeyou Istchee COVID-19 info-line



**MORE RESOURCES**

**QUEBEC.CA**

For more resources to help children and teens during this difficult time

