



COVID-19 INFORMATION FOR THE 2020–2021 SCHOOL YEAR

COVID-19 is a new virus, and there is no vaccine or treatment for it at this time. Most people who get COVID-19 will have mild symptoms, but for some this virus can cause serious illness and even death. Most people who get sick with COVID-19 can recover at home, but need to isolate and monitor their symptoms. Care at home can help stop the spread of COVID-19 and help ensure that health care resources are available to those with severe COVID-19 symptoms requiring hospitalization. Speak to your public health nurse if you are not able to isolate at home. Isolation from other people is the best way to protect yourself, your loved ones and people in the community.

Do I need to isolate and for how long?

If you:

- have tested positive for COVID-19 and are well enough to recover at home. Isolate for at least 10 days from the time your symptoms started. During this time, a public health official will call you once daily to ask about your temperature and your symptoms. Your public health official will tell you when you can stop isolating.
- have COVID-19 symptoms, have been tested and are waiting for your test results. Isolate at home while you are waiting to get the laboratory results from a health care provider. If your COVID-19 test results are negative, but you have symptoms, or have travelled or been exposed to a case, you will need to continue to self-isolate (quarantine) for the entire 14 days and until you have been symptom free for 24 hours. If your COVID-19 test results are positive, a public health official will call you.
- have cold or flu-like symptoms but have not been exposed to COVID-19 through travel or contact with a case. People with a new onset of any one symptom listed in column A or any two or more symptoms listed in column B), should get tested for COVID-19.

A

- Fever / chills
- Cough
- Sore throat/ hoarse voice
- Difficulty breathing
- Loss of taste or smell
- Vomiting or diarrhea for more than 24 hours

B

- Runny nose
- Muscle aches
- Fatigue
- Pink eye (conjunctivitis)
- Headache
- Skin rash of unknown cause
- Poor feeding, if an infant
- Nausea or loss of appetite



SEVEN OAKS
SCHOOL DIVISION
community begins here