**KNOWING WHEN TO SELF-ISOLATE**

**Complete the Polytechnique COVID declaration form**

- **Positive test result**
  - Follow public health guidelines. Generally speaking, self-isolation should occur for 14 days as of the date of last contact with the sick individual. COVID test recommended 6 days after the date of last contact with the sick individual, or as soon as symptoms appear in the family bubble. An individual who is protected against COVID-19 does not need to self-isolate.
  - An individual who is protected against COVID-19 does not need to self-isolate themselves.

- **Negative test result**
  - Follow public health guidelines. Generally speaking, self-isolation should occur for 14 days as of the date of last contact with the sick individual. COVID test recommended 6 days after the date of last contact with the sick individual, or as soon as symptoms appear in the family bubble. An individual who is protected against COVID-19 does not need to self-isolate themselves.

- **Follow public health guidelines. Generally speaking, self-isolation should occur for 14 days as of the date of last contact with the sick individual. COVID test recommended 6 days after the date of last contact with the sick individual, or as soon as symptoms appear in the family bubble. An individual who is protected against COVID-19 does not need to self-isolate themselves.**

- **Does a member of the family bubble have COVID symptoms, OR is awaiting a test result?**
  - **YES**
    - Follow public health guidelines. Generally speaking, self-isolation should occur for 14 days as of the date of last contact with the sick individual. COVID test recommended 6 days after the date of last contact with the sick individual, or as soon as symptoms appear in the family bubble. An individual who is protected against COVID-19 does not need to self-isolate themselves.

- **NO**
  - Self-isolation while awaiting test results. Negative test result: return to work.
  - Positive test result: self-isolation according to public health recommendations.
  - An individual who is protected against COVID-19 does not need to self-isolate themselves.

**Exposure risk during contact is assessed as a function of the following factors:**
- Proximity of contact (more or less than 2 meters);
- Wearing of surgical mask by the sick individual;
- Wearing of surgical mask by the individual exposed to the sick individual;
- Presence of numerous causes in proximity (e.g., household). Contact risk levels are classified as a function of risk exposure: high, moderate, or low.

- **High-risk contact** – generally corresponds to physical contact with an individual with COVID-19, without wearing a surgical mask. For example: living with someone, being an intimate or sexual partner, or having direct contact with infectious biological fluids (vomit, saliva).
- Moderate-risk contact – corresponds to close contact (less than 2 meters) for more than 15 minutes cumulative, without wearing a surgical mask.
- Low-risk contact – corresponds to contact that has taken place with over 2 meters physical distancing, or with appropriate personal protection equipment (PPE).

**Yes or no questions:**
- Have you returned from travel abroad, outside of Canada?
- Have you been in contact with someone who has tested positive (moderate or high-risk level)?
- Are you experiencing any major symptoms?
- Are you experiencing any of the minor symptoms below?
- Have you been in contact with someone who has tested positive (moderate or high-risk level)?
- For Polytechnique Montréal’s investigation team.

**Legend:**
- Complete or update the declaration form.
- Mandatory self-isolation and COVID test recommended.

**For any COVID-19-related questions, please call:**
- For Québec public health: 1 877 644-4545
- For Polytechnique Montréal’s investigation team: 1 877 644-4545

This flow chart was approved by the Direction régionale de la santé publique in July 2021.

- COVID test recommended for the entire family bubble while waiting for test results.
- If you are protected against COVID-19 and have symptoms, contact Québec’s Santé publique for their recommendations. People who are protected against COVID-19 do not need to self-isolate if they do not have symptoms.
- Follow public health guidelines.

**For Polytechnique Montréal’s investigation team:**
- Complete or update the Polytechnique COVID declaration form.
- For Québec public health.
- 1 877 644-4545
- For Polytechnique Montréal’s investigation team.

**For any COVID-19-related questions, please call:**
- For Québec public health: 1 877 644-4545
- For Polytechnique Montréal’s investigation team: 1 877 644-4545

**Legend:**
- Complete or update the declaration form.
- Mandatory self-isolation and COVID test recommended.

**An individual is considered protected:**
- 7 days after receiving 2 doses of the following vaccines: Pfizer–BioNTech, Moderna, or AstraZeneca.
- 14 days after receiving 1 dose of Johnson & Johnson vaccine.
- If they had a confirmed case of COVID-19 less than 6 months ago.
- If they had a confirmed case of COVID-19 more than 6 months ago and have received 1 dose of vaccine for more than 7 days.