KNOWING WHEN TO SELF-ISOLATE

All individuals who contracted COVID after December 20, 2021 are excluded from isolation guidelines for a period of 3 months.

<table>
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<tr>
<th>Risk level</th>
<th>Actions to take</th>
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| **Positive or symptomatic cases** | • For protected persons: 5 to 10 days isolation.  
• 5-day isolation for adequately protected individuals. Return to campus if there is an improvement of symptoms and absence of fever in the last 24 hours without taking medication.  
• For 10 days: wear a surgical mask at all times. Keep a minimum distance of 2 meters if possible. Eat meals in a separate area. Keep the number and duration of interactions to a minimum.  
• For unprotected individuals, the duration of isolation is 10 days.  
A person with a negative PCR test may return to campus if they have been fever free for 24 hours without medication.  
A person who has a negative result with a rapid test must repeat a 2nd test 24 to 48 hours later. A person who has 2 negative rapid tests may return to campus if they have not had a fever for 24 hours without medication.  
• In all cases, fill out the appropriate form. |
| **High risk or residential contact** | • If possible, take a rapid test or PCR test*.  
• For protected persons: 5 days isolation.  
• For 10 days: wear a surgical mask at all times. Keep a minimum distance of 2 meters if possible. Eat meals in a separate area. Keep the number and duration of interactions to a minimum.  
• In all cases, fill out the appropriate form. |
| **Moderate risk contact**         | • No preventative isolation for asymptomatic contacts with moderate risk contact. Favour teleworking if possible.  
• Self-monitoring of symptoms for a period of 10 days after the last risk of contact with the positive case. If you have symptoms compatible with COVID-19, isolate yourself at home immediately and, if possible, get tested.  
• For 10 days: wear a surgical mask at all times. Keep a minimum distance of 2 meters if possible. Eat meals in a separate area. Keep the number and duration of interactions to a minimum.  
• Santé Publique could also recommend extended screening depending on the epidemiological context. |
| **Low risk contact**              | • No preventative isolation. Continue to attend work and study, unless you are instructed to self-isolate or develop symptoms compatible with COVID-19.  
• Self-monitoring of symptoms for a period of 10 days after the last risk of contact with the positive case. If you have symptoms compatible with COVID-19, isolate yourself at home immediately and, if possible, get tested.  
• Santé Publique could also recommend extended screening depending on the epidemiological context. |

PCR Testing: Polytechnique personnel will be placed on the priority list for access to PCR testing. Please check with your testing center to see if they offer this service before you go there, or make an appointment at a testing centre.

Updated: February 24, 2022
Exposure risk during contact is assessed as a function of the following factors:

- Proximity of contact (more or less than 2 meters);
- Duration of contact (more or less than 15 minutes);
- Wearing of surgical mask by the sick individual;
- Wearing of surgical mask by the individual exposed to the sick individual;
- Presence of numerous cases in proximity (outbreak). Contact risk levels are classed 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 (spit, 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).

For those returning from a trip:

- Check the [conditions](#) for entering the country, and whether you need to place yourself in preventive quarantine.
- If you have any indication to self-isolate, complete the [COVID declaration form](#).
- For any questions about COVID-19, call:
  - **1 877 644-4545** - Santé Publique
  - **4111** - Polytechnique investigation team

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 after December 20, 2021.

If a student, teacher or staff member presents symptoms compatible with COVID-19, upon arrival to campus or during the day, that person should return home as soon as possible. Ideally, they should not use public transit to return home.

The following procedures should be in place while they are waiting to leave the teaching environment:

- Ensure the person wears a surgical mask properly.
- If necessary, contact the Sureté who will lead the person to the designated isolation room.
- Ventilate and disinfect the room where the person has been isolated, according to implemented recommendations following their departure.