

KNOWING WHEN TO SELF-ISOLATE

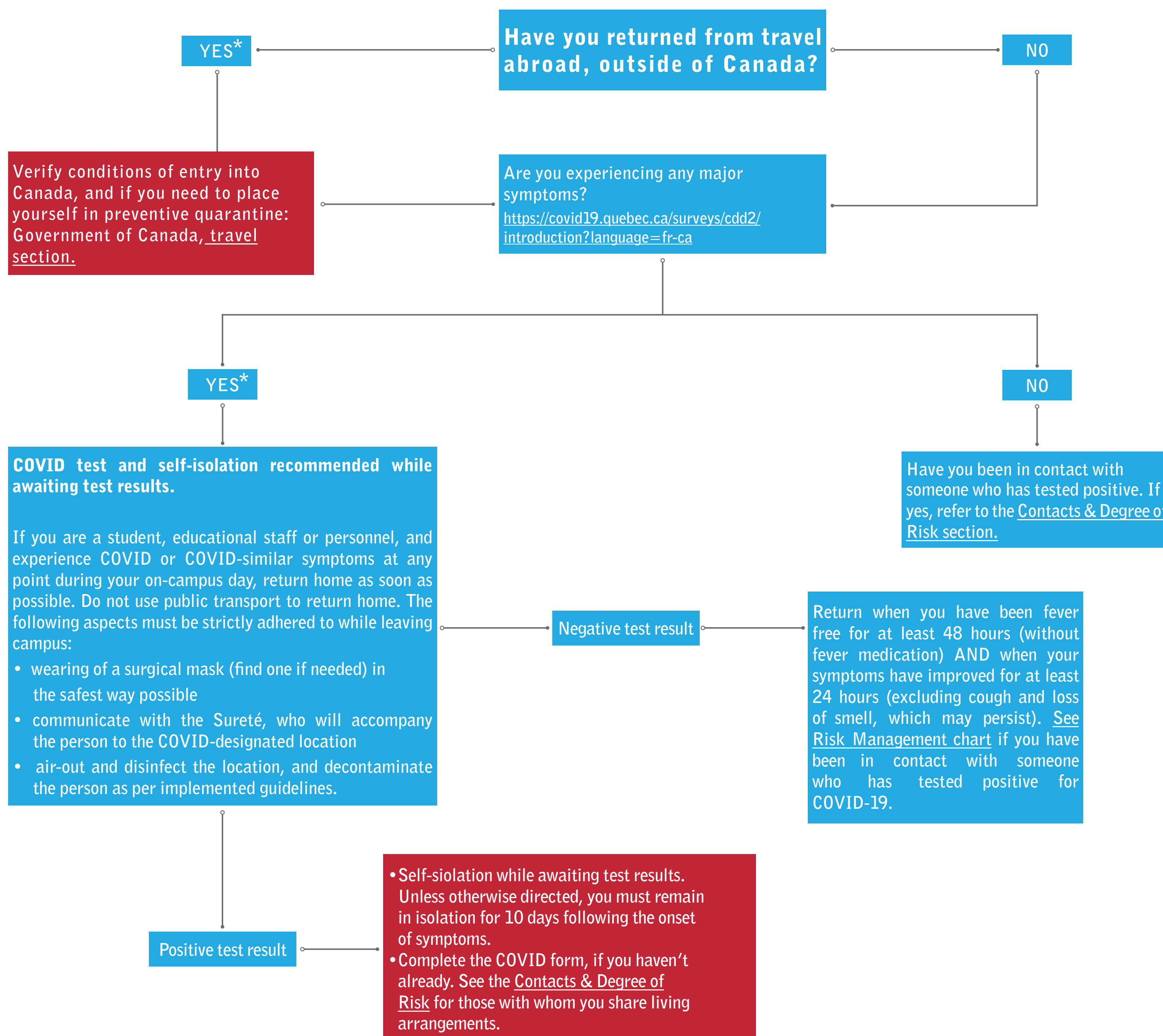
POLYTECHNIQUE
MONTREAL

TECHNOLOGICAL
UNIVERSITY



YES*

Complete the Polytechnique **COVID declaration form**



LEGEND

* Complete or update the declaration form.

Red box: Mandatory self-isolation and COVID test recommended

For any COVID-19-related questions, please call:

1 877 644-4545
For Québec public health.

4111

For Polytechnique Montréal's Investigation team.

<https://www.inspq.gc.ca/sites/default/files/publications/3127-gestion-cas-contacts-etablisements-enseignement-postsecondaire.pdf>

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 metres) for more than 15 minutes cumulative, without wearing a surgical mask**.

• **Low-risk contact** - corresponds to contact that has taken place with **over 2 metres physical distancing, or with appropriate personal protection equipment (PPE)**.

CONTACTS & DEGREE OF RISK EXPOSURE MANAGEMENT

General Recommendations for the Management of COVID-19 in Postsecondary Institutions

Risk level	Recommendations for asymptomatics ¹ contacts	
	Protected*	Partially or not protected
High	<ul style="list-style-type: none"> • No preventive isolation. Continue to attend school unless instructed to self-isolate for another reason or if you develop symptoms consistent with COVID-19; • Self-monitoring of symptoms for a 14 day period after the last possible exposure to an infected individual. If symptoms consistent with COVID-19 are present, self-isolate at home immediately and get tested (refer to the COVID-19 Symptom Self-Assessment Tool (Quebec.ca) or contact Info-Sante 811); • Wear a surgical mask indoors (including in class) until day 14; 	<ul style="list-style-type: none"> • Preventive isolation at home for a period of 10 days after the last possible contact with an infected individual. Do not come to campus or work during this period; • Self-report on the Polytechnique Declaration form; • Self-monitoring symptoms for a period of 14 days after the last possible contact with an infected individual. May attend school or work after self-isolation is completed, if asymptomatic. Wear a surgical mask indoors (including in class) until day 14;
Moderate	<ul style="list-style-type: none"> • Test as soon as possible (3-5 days after first exposure) note that this does not apply to individuals who have had a confirmed case of COVID-19 \leq 6 months); • Self-reporting using the Polytechnic COVID declaration form; • Return when you have been fever free for at least 48 hours (without fever medication) AND when your symptoms have improved for at least 24 hours (excluding cough and loss of smell, which may persist); • It is recommended to avoid associating with individuals who may have a severe form or complications of COVID-19 until day 10. 	<ul style="list-style-type: none"> • Test as soon as possible (3-5 days after first exposure). The purpose of testing is to perform contact tracing with individuals you have come into contact with, should a COVID-19 diagnosis be confirmed (therefore, test early!); • A second test is recommended within 48 hours after self-isolation is completed (day 8-9 after isolation begins)²; • Continue preventive self-isolation for the entire recommended period, even if an "undetectable" (negative) nucleic acid amplification test (NAAT) result is obtained upon testing (which does not rule out the possibility of developing COVID-19 after testing).
Low	<ul style="list-style-type: none"> • No preventive self-isolation. Continue to attend school/work unless instructed to self-isolate for another reason or if you develop symptoms consistent with COVID-19; • Self-monitoring of symptoms for a period of 14 days after the last possible contact with the infected individual. If symptoms consistent with COVID-19 manifest, self-isolate at home immediately and get tested; • Québec Santé public may also recommend expanded screening depending on the epidemiological context. 	

*** An individual is considered protected:**

- 7 days after receiving 2 doses of the following vaccines: PfizerBioNTech, Moderna, or AstraZeneca
- 14 days after receiving 1 dose of the 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 over 7 days ago

This flow chart has been adapted from the [INSPQ](#) chart on the same subject.

¹ Recommendations have been adjusted to account for the Delta variant's epidemiological characteristics.

² The testing recommended 48 hours before isolation ends is not required if another test has been completed as of 7 days after the beginning of isolation.