Verify conditions of entry into Canada, and if you need to place yourself in preventive quarantine: Government of Canada, travel section.

Have you returned from travel abroad, outside of Canada?

- Yes*
- No

If you are a student, educational staff or personnel, and experience COVID or COVID-similar symptoms at any point during your on-campus day, return home as soon as possible. Do not use public transport to return home. The following aspects must be strictly adhered to while leaving campus:
  - wearing of a surgical mask (find one if needed) in the safest way possible
  - communicate with the Sureté, who will accompany the person to the COVID-designated location
  - air-out and disinfect the location, and decontaminate the person as per implemented guidelines.

Complete the Polytechnique COVID declaration form

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.

Meaning:
- 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 metres physical distancing, or with appropriate personal protection equipment (PPE).

For any COVID-19-related questions, please call: 1 877 644-4545 For Québec public health.
4111 For Polytechnique Montréal’s Investigation team.


This flow chart was approved by the Direction régionale de la santé publique in September 2021.
## General Recommendations for the Management of COVID-19 in Postsecondary Institutions

### Risk level

| Risk level          | Recommendations for asymptomatics
<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Protected</strong>*</td>
</tr>
<tr>
<td><strong>High</strong></td>
<td>• No preventive isolation. Continue to attend school unless instructed to self-isolate for another reason or if you develop symptoms consistent with COVID-19;</td>
</tr>
<tr>
<td></td>
<td>• 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-Santé 811);</td>
</tr>
<tr>
<td></td>
<td>• Wear a surgical mask indoors (including in class) until day 14;</td>
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<td></td>
<td>• 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 ≤6 months);</td>
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<td></td>
<td>• Self-reporting using the Polytechnic COVID declaration form;</td>
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<tr>
<td></td>
<td>• 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);</td>
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<tr>
<td></td>
<td>• It is recommended to avoid associating with individuals who may have a severe form or complications of COVID-19 until day 10.</td>
</tr>
<tr>
<td><strong>Moderate</strong></td>
<td>• 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;</td>
</tr>
<tr>
<td></td>
<td>• 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;</td>
</tr>
<tr>
<td></td>
<td>• Québec Santé public may also recommend expanded screening depending on the epidemiological context.</td>
</tr>
</tbody>
</table>

*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

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*This flow chart has been adapted from the [INSPQ](https://www.inspq.qc.ca) chart on the same subject.*

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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.