COVID-19 School Staff Information

I have COVID-19 symptoms. Now what?

- If you have one or more symptoms of COVID-19, you should not attend school, self-isolate at home, and get tested.
- Click here for information about the assessment centres. Stay home from school and self-isolate while awaiting your test results.
- Your household contacts do not need to be tested unless they also have symptoms.
- The guidance for your return to school and direction for your household members while awaiting your test results will depend if you had a known exposure to a case of COVID-19 during their infectious period or have travelled in the past 14 days. See the guidance below for further direction.
- Please refer to your employee policies and guidance for the return to school after illness and/or testing.

Guidance for symptomatic school staff with known exposure or recent travel

- If you had a known exposure to a case of COVID-19 during the case’s infectious period or have travelled in the past 14 days you and all your household members are required to self-isolate while waiting for your test results.
  - Negative Test Result: Continue to self-isolate for 14 days from your last exposure. Your household members can return to school or work or leave for essential reasons/errands and should self-monitor as long as they themselves did not travel or have close contact with a confirmed case requiring continued self-isolation.
  - Positive Test Result: If your test result is positive, your return to school date and further testing of household contacts will be determined by public health.
  - Region of Waterloo Public Health is using text messages to support contact tracing and monitoring of high-risk contacts. Text messages will be sent to inform you of end of isolation and will allow you to report any changes in symptoms or request contact with a Public Health Nurse.
If you are unable or unwilling to go for testing, you must self-isolate for 10 days from symptom onset or 14 days from your last exposure, whichever is longest, and refer to your employer for return to work policies. All household members must also self-isolate for 14 days from their last exposure to you.

Guidance for symptomatic school staff with no known exposure or recent travel

- If you have had no known exposure or recent travel, you should stay home from school and self-isolate while awaiting your test results. Your household contacts should self-isolate while awaiting your test results.
  - Negative Test Result: If your test result is negative, you can return to school when it has been at least 24 hours since your symptoms started improving and you do not have a fever (without using medication).
  - Positive Test Result: If your test result is positive, your return to school date and further testing of household contacts will be determined by public health. Self-isolate while awaiting direction from public health.

- If you are unable or unwilling to go for testing please refer to your employer for return to work policies

- If you have no known exposure or recent travel and you believe your symptoms are related to an existing or other illness, you can see a health care provider for clinical assessment. If a health care provider provides an alternative diagnosis, your employer may allow you to return to school if it has been at least 24 hours since symptoms started improving and you do not have a fever (without using medication). Household contacts should self-monitor.

- If you are unable or unwilling to go for testing or see a health care provider, you must self-isolate for 10 days from symptom onset. Your employer may allow you to return to school after 10 days, provided symptoms have been improving for at least 24 hours and you do not have a fever (without using medication). Household contacts would self-isolate 14 days from their last exposure to you.

My household member has COVID-19 symptoms. Now what?

- If someone in the household has symptoms of COVID-19, they should self-isolate and complete the appropriate provincial screening tool to determine if testing is required.
Household member who are not students or school/child care staff: COVID-19 Self-Assessment
Household member who is a student or school/childcare staff: COVID-19 School Screening Tool

- Household contacts do not need to be tested unless they also have symptoms.
- The guidance for other household members will depend on if the symptomatic household members had a known exposure to a case of COVID-19 during their infectious period or has travelled in the past 14 days. See the guidance below for further direction.
- Please refer to employee policies and guidance for return to school after illness and/or testing.

Guidance if the household member had a known exposure

- If the household member has a known exposure and does not have symptoms, the household members needs to self-isolate for 14 days from their last exposure. Household contacts are to stay at home except for essential reasons (attending work/school/childcare & essential errands: groceries, medical appointments/prescriptions).

- If the symptomatic household member has a known exposure to a case of COVID-19 during their infectious period or have travelled in the past 14 days all household members are required to self-isolate while awaiting the test results of the symptomatic individual.
  - Negative Test Result: If the test result is negative, household members can return to school or work to leave home for essential reasons/errands, as long as they themselves did not travel or have close contact with a confirmed case requiring continued self-isolation.
  - Positive Test Result: If the test result is positive, your return to school or work date and further testing of household contacts will be determined by public health.

- If the symptomatic household member is unable or unwilling to go for testing and has a known exposure or recent travel, all household members must self-isolate for 14 days from their last exposure.
Guidance if the household member has no known exposure or recent travel

- If the **symptomatic household member has no known exposure or recent travel**, all household members are required to [self-isolate](#) while awaiting the test results of the symptomatic individual.
  - If the test result is positive, your return to work or school date and further testing of household contacts will be determined by public health.
  - If the test is negative, household members can return to school/work if symptoms are improving and no fever for 24 hours. Household contacts can return to work/school.

- If the symptomatic household member is unable or unwilling to go for testing and has **no known exposure**, the symptomatic household member must [self-isolate](#) for 10 days from symptom onset. They may return to school after 10 days, provided symptoms have been improving for at least 24 hours and they do not have a fever (without using medication). Household contacts would [self-isolate](#) 14 days from their last exposure to the symptomatic household member.