

There is a **COVID-19 (coronavirus)** case in the school.
Your child has been **identified** as a **moderate-risk contact**.

School administration contact information (**tél. école**): _____

What to do:

1. Isolation

Isolation period until (**date isolement**): _____

- Keep your child at home for the entire isolation period and follow the instructions you receive.
- Keep your child from going to **public places** such as the grocery store, park, etc.
- Do not receive visitors.
- Avoid contact between your child and:
 - People with a **chronic illness** (e.g., diabetes, heart disease or cancer).
 - Seniors (people over 65 years of age).



2. Handwashing

Wash your hands and have your child wash their hands often.

3. Testing

Take your child to get a COVID-19 test as per the instructions below:

- Recommended testing date (**date dépistage**): _____
- Nearest walk-in testing clinic to the school (**adresse, heures**): _____

- Contact information for testing clinics in Montreal:

<https://santemontreal.qc.ca/en/public/coronavirus-covid-19/testing-covid-19-in-montreal/>.

- If the result is positive = Inform the school. Everyone living at your home must isolate.
- If the result is negative = Keep your child at home for the entire isolation period.



4. For more information



COVID-19 phone line (French/English): 1-877-644-4545 or 514-644-4545
Contact information on testing clinics in several languages: 211



Health guidelines and symptoms to monitor:

<https://santemontreal.qc.ca/fileadmin/fichiers/Campagnes/coronavirus/multilingue/Isollement/Isollement-maison-ANGLAIS.pdf>