

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/Isolement/Isolement-maison-ANGLAIS.pdf>



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