



School District 5 (Southeast Kootenay)

COVID-19 Procedures for Managing Illness

1. I am a student or staff who is sick at home or at school on a given day. What should I do?

Stay at home until your symptoms are gone. Seek medical attention if needed. Use the [BC COVID-19 -Self Assessment Tool](#) to determine guidance and recommendations for testing.




If you have any concerns, feel very sick, or your symptoms are not improving, contact your family doctor/nurse practitioner or call 8-1-1.

Students/staff should report their absence at school/work to their administrator. As per Ministry guidance, students and staff do not need to disclose if their absence is specific to COVID-19; however, those who test positive for COVID-19 should be diligent in ensuring their school is aware their absence is illness-related. It is really important to give accurate data when logging in if the absence is illness related as this may be an indication, that the District may need to look at a “Potential Activity Signal”. A potential activity signal is a threshold that indicates further investigation is warranted by public health to determine if additional actions are required (e.g., disseminate notification to identified grade or school related to identified increased activity, provide testing guidance and support, implement additional measures, distributing public health information, etc.).





2. I am a student or staff who tested positive for COVID-19 either through a rapid test or PCR test. What should I do?

Individuals who test positive for COVID-19 should follow advice from the BC Centre for Disease Control, found [here](#). Please note, **guidance and recommendations vary depending on an individual’s vaccination status**.

As per the BCCDC, if you test positive for COVID-19, please click on the following links:

-  [Complete an online form to report your test result](#)
-  [Self-isolate and manage your symptoms](#)
-  [Let your close contacts know](#) and [direct your close contacts to the BCCDC instructions for close contacts](#)

Recent public health guidance recommends those who test positive for COVID-19 notify those whom they live with, or who they’ve had intimate contact with. While those who test positive do not need to notify the school or others at school, individuals may still contact a school for this purpose. To protect personal privacy, schools cannot release individual contact information for the purpose of an individual (staff, student or parent/caregiver) seeking to notifying others of their test result. Schools should also not notify others on an individual’s behalf. If an individual contacts a school requesting they facilitate notifying others at school, school administrators (or staff, if directly contacted) can share the following:

-  Anyone who has tested positive using a rapid test should complete the online reporting tool provided by public health and provide all school-related information requested.
-  Public health does not require students or staff to notify our school if they have tested positive for COVID-19, or to notify other individuals at school.
-  To protect personal privacy, we are unable to provide personal contact information for the purpose of notifying others of a test result.
-  We continue to follow public health guidance, including monitoring school absenteeism to help determine if there may be increased school-associated COVID-19 activity.



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COVID-19 Procedures for Managing Illness (Continued)

Medical Health Officers play the lead role in determining if, when and how to communicate information regarding increased COVID-19 activity within a school. Our school and school district administrators will work with our Medical Health Officer when a potential activity signal is met to determine if specific communications are warranted (e.g., notification to the broader school community).

Close contacts (i.e. those you live with or have spent 15 minutes with when health and safety measures were not in place or were insufficient) who are fully vaccinated will need to monitor for symptoms of COVID-19 and can participate in routine activities, such as work or school, as long as they do not have any symptoms. Fully vaccinated close contacts should not visit friends or family who are higher risk for severe COVID-19 for 10 days after date of contact. Those who are not fully vaccinated and have not had COVID-19 in the last 90 days will need to self-isolate for 10 days from the date of contact.

Not fully vaccinated and did not have COVID-19 in the last 90 days: You need to self-isolate for 10 days from the day you last had contact with the person who has COVID-19, even if you do not have any symptoms. Self-isolation means keeping away from others to help stop the spread of COVID-19. Visit the [BCCDC website](#) to learn more about how to self-isolate. In addition to the 10 days of self-isolation, you should not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems or over the age of 70 years) for 14 days after you were last exposed to COVID-19.

3. What happens if a student or staff becomes sick at school?

Individuals that develop symptoms at school will be given a mask and separated from their classmates or colleagues. Children who are separated will be supervised and cared for until the child has been picked up by a parent or guardian. Staff will be asked to go home as soon as possible. The areas the person used will be cleaned and disinfected.

4. Why is there no contact tracing or exposure notifications in K-12 schools?

The Omicron variant spreads rapidly and, as such, contact tracing is a less effective measure in the timely management of COVID-19. Public Health is no longer able to contact everyone who tests positive.

As Public Health is not contacting every person who tests positive, school exposures will not be issued by Public Health for individual cases. In the event of a declared outbreak, Public Health will issue a public notification.

Public Health will continue to work with schools if, for example, there is a significant increase in absenteeism that is atypical for the time of year and actions are to be taken, such as notification to the parents and guardians of the affected grade or school community.

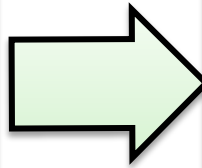


School District 5 (Southeast Kootenay)

COVID-19 Procedures for Managing Illness (Continued)

Symptoms

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

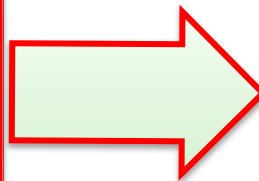


What to do

- If you have mild symptoms and are fully vaccinated, you do NOT need a test
- If you are fully vaccinated, stay home and away from others for 5 days and then return to normal activities if symptoms improve.
- If you are unvaccinated, self-isolate for 10 days.
- Use the B.C. [COVID-19 Self-Assessment Tool](#) to see if you need to be tested for COVID-19.
- If you feel unwell and are unsure about your symptoms, please contact 8-1-1

If you...

- find it hard to breathe
- have chest pain
- can't drink anything
- feel very sick
- feel confused



What to do

Go to the local Emergency Department or call **911**