

INFORMATION ABOUT COVID-19 IN SCHOOLS

My child has been identified as a close contact, now what?

Public Health understands that when your child has been identified as a close contact of a confirmed case of COVID-19 this can be very difficult for young children, teenagers and families. **There is a lot of information to take in when you least expect it.**



Once you've received notice that your child is a close contact of someone who tested positive for COVID-19:



Self-isolate immediately

Close contacts will have to self-isolate for 14 days after their last exposure to the positive case no matter their test result.



Book a COVID-19 test

Please use the self-assessment [online](#) or call 811 to book a COVID-19 test.



Public Health will call

Expect a check-in phone call from Public Health.

Public Health tries to reach households as quickly as possible.

You will receive a phone call from Public Health to check-in and answer your questions, however, due to the recent increase in COVID-19 cases associated with schools, this may take longer than the usual 72 hour window.



If your child develops symptoms after being tested, use the self-assessment [online](#) or call 811 to be retested.



What is a "close contact"?

A close contact is typically someone who had a lengthy exposure to a person diagnosed with COVID-19 without physical distancing or wearing a mask. Public Health identifies close contacts through a detailed investigation and review of the individual's symptoms, where they have been, and who they have interacted with. This also involves the school to help identify class, after-school programs, busing schedules, activities, etc.

Updated April 26, 2021

My child has been identified as a close contact, how do we self-isolate?



Households of “close contacts” have two self-isolation options. Choose the one that is best for your child and home:



OPTION 1: Child self-isolates alone

or



OPTION 2: Child self-isolates with help

Child self-isolates alone in bedroom with the use of a bathroom (their own or shared). This option is most appropriate for older children and teens. All other family members can continue to work and go to school outside the home.

One parent/guardian is designated as the child’s main caregiver and encourages the child to isolate from other family members as much as possible. Additional testing during the isolation period will allow all other family members to continue to work and go to school outside the home.

The designated caregiver is **NOT** required to isolate for 14 days with the child, only to provide care and support as needed which may include staying home from work during the child’s isolation period.

Why won’t you tell me who the positive case is?



Public Health takes the privacy of Nova Scotians very seriously. Stating whether the positive case is a student, teacher or staff member, could increase a person’s risk of being identified. It is important that we not place blame on any individual when it comes to COVID-19 – many people can be infectious without symptoms. There are many factors involved and every case is different. Knowing that your child is a considered a close contact gives you enough information to protect yourselves and your loved ones from unknowingly spreading COVID-19.



If you or your family are experiencing stress related to COVID-19 and need further support call the **Mental Health Crisis Line.**

1-888-429-8167

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