





Hello everyone,

Now that the semester has begun, I am sending you the procedure you are **obligated** to follow if you experience symptoms of COVID-19.

List of symptoms for which you must remain vigilant:

 Fever	 General symptoms	 Respiratory symptoms	 Gastrointestinal symptoms
<p>Children ages 5 and under:</p> <ul style="list-style-type: none">• Rectal temperature of 38.5°C (101.3°F) or higher <p>Children ages 6 and older:</p> <ul style="list-style-type: none">• Oral temperature of 38.1°C (100.6°F) or higher	<ul style="list-style-type: none">• Sudden loss of sense of smell without nasal congestion, with or without a loss of taste• Major fatigue• Significant loss of appetite• General muscle pain (not related to physical exertion)	<ul style="list-style-type: none">• Cough (new or worse)• Shortness of breath, difficulty breathing• Sore throat• Runny or stuffy nose	<ul style="list-style-type: none">• Nausea• Vomiting• Diarrhea• Stomach aches

The symptoms may be mild or more severe, like those associated with pneumonia. These symptoms may be related to those of COVID-19 without meaning you have this infection. It is therefore important to remain vigilant and, in case of doubt, self-isolate at home and use the self-assessment tool at [Quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/](https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/) or contact 1-877-644-4545.

IF YOU EXPERIENCE SYMTOMS AT HOME:

- Stay at home and **do not come to the Cégep**;
- Fill out the declaration form available on the Cégep de Sept-Îles website: <https://cegepsi.ca/covid-19-self-evaluation-enabling-access-to-the-college/>;
- As soon as this is done, a Cégep official will phone you and help you complete the self-assessment test for symptoms of COVID-19 put online by the Gouvernement du Québec: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/covid-19-symptom-self-assessment-tool/>;
- According to your situation (symptoms and age), you will have to either continue your activities or get in contact with a health professional;
- In the second case, you must phone 1-877-644-4545 as quickly as possible and follow the instructions that will be given to you.
- Once you have these instructions, you must forward them to the Cégep official in contact with you.
- This official will inform you of the next steps.

If you need to take the test and it comes back positive, you must mention that you are a student at Cégep de Sept-Îles when the test results are given to you.

IF YOU START EXPERIENCING SYMPTOMS AT THE CÉGEP:

- You must return home immediately without taking public transit, avoiding close contact with any other person and keeping your mask on as you make your way home. Once at home, you must begin the protocol outlined above.
- If it is impossible for you to leave due to a transportation issue, you must self-isolate immediately in a room provided for this purpose: K-206 for the main pavillion and N-104 for the Arcelor Mittal

pavillion. You must then report your presence in this room by sending an MIO to [Jinny Beaudin](#) or [sending someone to the reception station](#) of the Cégep on your behalf. The intervention team will come to meet you. As soon as a means of safe transportation is found, you will have to self-isolate at home and begin the protocol outlined above.

If you need to stay at home in the case of symptoms or if you are waiting for the results of a screening test, [you are responsible for filling out the Cégep's declaration form](#). **You must do this to ensure the health and safety of the entire college community.**

Remote learning options will be offered so that you will be able to continue your learning activities. Please note that **each report will be recorded in your file** and monitored closely **to prevent misuse**.

IF YOU TEST POSITIVE FOR COVID-19:

- You must mention that you are a student at Cégep de Sept-Îles when the test results are given to you.
- The Regional Public Health Authority will contact the Cégep to inform us of the situation.
- In collaboration with the Cégep, public health officials will identify and contact the people who were in close contact with you.
- As directed by public health, people at moderate or high risk will be removed from the premises and tested.
- The sick person must self-isolate at home and follow public health instructions.
- Cégep officials will contact you to establish the remote learning procedures to implement in order to continue your learning activities.



*** Only the person who has symptoms of COVID-19 or who is waiting for the result of a COVID-19 screening test should stay at home. Unless otherwise indicated by Public Health, parents, friends, colleagues, or other people who have been in contact with this person may continue their activities. If these people experience symptoms of COVID-19 themselves, they must then contact Public Health (1-877-644-4545) and follow the instructions they will be given. In such a situation, a Cégep student is responsible for following the protocol outlined by the Cégep.

Should a student test positive for COVID-19, Public Health will provide recommendations and the Cégep Administration will inform the college population of the measures to be followed.
