



I have been in close contact with someone who has COVID. What should I do?



A person has COVID if they have **ONE** of the following:

- ✓ A positive Polymerase Chain Reaction (PCR) test
- ✓ A positive rapid antigen test (RAT)
- ✓ COVID symptoms*

* COVID symptoms include:

ANY ONE of the following:

- ✓ Fever > 37.7° C and/or chills
- ✓ A cough that's new or worse than usual
- ✓ Trouble breathing
- ✓ Trouble tasting or smelling

OR

ANY TWO of the following:

- ✓ Runny or stuffed-up nose
- ✓ Headache
- ✓ Extreme fatigue
- ✓ Sore throat
- ✓ Muscle aches/joint pain
- ✓ Vomiting or diarrhea

You are a close contact if you:

- ✓ Live with someone who has COVID
- ✓ Were closer than 2 meters away from someone with COVID for 15 minutes or more during the time when they could spread COVID (unless everyone was wearing a mask)

In general, someone with COVID can spread the virus from 48 hours *before* they started to feel sick (or had a positive test) and for up to 10 days after.

As a close contact, do I need to self-isolate? For how long?



Isolate immediately if you have symptoms of COVID. For more information on what to do if you have symptoms of COVID, see rebrand.ly/Feeling-Unwell.

If you live with someone who has COVID, you may need to isolate. You do not have to isolate if you feel well AND you:

Are under 18 and have had 2 vaccine doses

OR

Are over 18 and have had all recommended vaccines (initial doses + booster)

OR

Have tested positive for COVID in the last 90 days



If none of the above apply to you AND you have a weakened immune system*, self-isolate for 10 days, Otherwise, self-isolate for the same amount of time as the person who has COVID (5 or 10 days).

Day 0 is the last day you had contact with the person who has COVID.

Someone with COVID can spread it from 48 hours before they notice symptoms (or have a positive test). They can spread COVID for up to 10 days after they notice symptoms (or have a positive test).

* *Examples of individuals who have a weakened immune system include people undergoing dialysis, being treated for cancer, organ transplant recipients, stem cell transplant recipients, those with genetic disorders that affect the immune system, people with advanced or untreated HIV, people on treatment with high dose steroids, and people taking other medications that affect the immune system.*

If you do not have symptoms and do not live with the person who has COVID, you do not need to self-isolate. Be very careful and wear a mask indoors for 10 days after your last exposure to the person who has COVID (see next page).

Self-isolation means staying at home. If possible, the person with COVID should stay apart from others to lower the chance of spreading COVID. This is especially important if someone in the household has a weakened immune system OR is over 12 years old and has had fewer than two doses of a COVID vaccine.

As a close contact, what other steps should I take?

Be very careful for 10 days after your last exposure to the person who has COVID.

- » **Watch closely for any symptoms of COVID** for 10 days. To learn more about what to do if you have COVID symptoms see rebrand.ly/Feeling-Unwell.
- » **Wear a well-fitted mask** in indoor spaces for 10 days.
- » **Do not visit settings where there are vulnerable people or where COVID can easily spread for 10 days.** This includes hospitals, long-term care homes, retirement homes, shelters and group living settings.
- » **Do not visit people at higher risk of serious COVID,** including older people and people with weakened immune systems.
- » **Keep physically distanced from others and wash your hands often in public settings.** Stay away from places with poor air flow.
- » **Let your workplace or school know** that you have been in close contact with someone who has COVID.

Note that this guidance does not apply to people who live, work, volunteer, or are admitted to a hospital, long-term care home, retirement home or other group living situation. It does not apply to healthcare workers who look after people with weakened immune systems. People in these circumstances can find more information here: <https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/public-health-updates-guidance/algorithm-you-have-been-exposed-and-work-in-highest-risk-setting.pdf>

Take the Ontario COVID-19 self-assessment for detailed instructions: <https://covid-19.ontario.ca/self-assessment/>.

For more information on self-isolation, please visit: <https://bit.ly/3q4Eyxb>.