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

A person has COVID if they have a positive test OR if they have COVID symptoms.

Symptoms of COVID include:

**ANY ONE** of the following:

☑ Fever and/or chills
☑ A cough that’s new or worse than usual
☑ Shortness of breath
☑ A change in your sense of taste or smell

**ANY TWO** of the following:

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

OR

Other symptoms that could go along with COVID-19 include: abdominal pain; pink eye and; (for children) loss of appetite.

You are a close contact if you:

☑ Live with someone who has COVID OR
☑ Were closer than 2 metres away from someone with COVID for 15 minutes or more while they could spread COVID (unless everyone was wearing a mask).

Someone with COVID can spread the virus from 2 days before symptoms began (or before a positive test). They can spread COVID for up to 10 days after symptoms began (or after a positive test).
As a close contact, what should I do?
You should watch for symptoms and take extra precautions for 10 days from the last time you were around the person with COVID while they could spread it.

**Isolate immediately if you have symptoms of COVID.** Find information for people with symptoms here: [rebrand.ly/Feeling-Unwell](rebrand.ly/Feeling-Unwell).

**For 10 days from your last exposure:**
- ✓ Wear a well-fitting, high-quality mask in indoor public settings; **AND**
- ✓ Avoid non-essential settings where you can’t keep a mask on at all times e.g. restaurants; **AND**
- ✓ Avoid non-essential activities that you would need to take a mask off to do e.g. contact sports, playing wind instruments.
- ✓ Avoid non-essential visits to highest-risk settings*; **AND**
- ✓ Avoid non-essential visits to people who are at higher risk of serious illness e.g. older people, people with a weakened immune system (includes people with health conditions and people taking medications that affect the immune system).

Recommendations may be different for people who live or work in highest-risk settings*.

* Highest-risk settings include: hospitals and congregate living settings like long-term care, retirement homes, shelters and housing for foreign agricultural workers.

**Do I need a COVID test?**
Find information about COVID tests here: [rebrand.ly/covid-test-new](rebrand.ly/covid-test-new)

**Remember: While COVID continues to be common in Ontario, there are things you can do to protect yourself and others.**
- ✓ Get all vaccine doses that are recommended for you.
- ✓ If you feel sick, stay home.
- ✓ Wear a well-fitted mask in indoor public spaces.
- ✓ Gather outdoors whenever possible.
- ✓ Breathe clean air: open windows, keep the furnace fan “on”, and use air filters.

Updated: Oct. 5, 2022
For other questions, please visit [ConfusedAboutCOVID.ca](ConfusedAboutCOVID.ca).

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