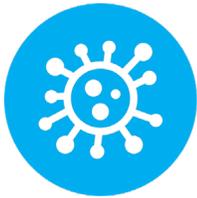




I have been in close contact with someone who has COVID. What should I do?



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>.

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

You need to self-isolate immediately if:

01 You have symptoms of COVID.

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

02 You live with the person who has COVID.

If you live with the person who has COVID, isolate while they are isolating.

If you have a weak or very weak immune system*, isolate for 10 days. If someone else in your home starts to feel sick, you will need to keep isolating until their isolation period ends. If you start to feel sick or have a positive test, your isolation period restarts. For more information on what to do if you have symptoms of COVID, see rebrand.ly/Feeling-Unwell.

03 You don't live with the person who has COVID but you had fewer than 2 doses of a COVID vaccine OR you have a very weak immune system.

If you don't live with the person who has COVID and you are:

12 years or older
and have 0 or 1
vaccine dose

OR

A person with a weak
or very weak immune
system*

**SELF-ISOLATE FOR
10 DAYS**

11 years or younger
and have 0 or 1 vaccine dose

**SELF-ISOLATE FOR
5 DAYS**

Day 0 is the last day you had contact with the COVID-positive person. Find out the date of their first symptoms or when they took the test that came back positive. They can spread illness 48 hours prior to, and up to 10 days after, that time.

* *Examples of individuals with weak or very weak immune systems include people undergoing cancer treatments or dialysis, organ transplant recipients, those with advanced HIV and people taking high doses of steroids or other medications that en the immune system.*

Self-isolation means staying at home. If possible, the person with COVID should stay apart from others to lower the chance of spreading COVID-19. This is especially important if someone in the household has a very weak immune system OR is over 12 years old and has had fewer than two doses of a COVID vaccine.

Exception: if you had COVID in the last 90 days and have no symptoms, you do not need to isolate.

When is self-isolation not needed?

You do not need to self-isolate if:

The person with COVID is not a member of your household



You do not have symptoms



You have a strong immune system



You have had two or more vaccine doses

If you are a close contact AND tested positive in the last 90 days AND have no symptoms, you do not need to self-isolate.

Even if you do not have to isolate, you should still be careful:

- » **Watch closely for any symptoms of COVID** for 10 days from the last time you were around the person with COVID.
- » **Avoid people or places where COVID can easily spread and cause more serious illness**, for 10 days from the last time you saw the person with COVID. This includes high-risk settings like hospitals, long-term care, retirement homes, shelters or other group living situations. Don't visit people at high-risk of COVID complications, such as anyone over 60 or anyone with a very weak immune system.
- » **Let your workplace or school know** that you have been in close contact with someone who has COVID.
- » **Follow public health guidance when you leave home.** Make sure you wear a tight-fitting mask, keep at least 2 meters apart from others, wash your hands often and stay away from places with poor ventilation.

Note: 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 setting. It does not apply to healthcare workers who care for people who have a weakened immune system. Follow workplace or setting processes.

For more information, visit: https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/contact_mngmt/management_cases_contacts.pdf

For more information about what to do if you have been around someone with COVID, visit: <https://covid-19.ontario.ca/self-assessment/>

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