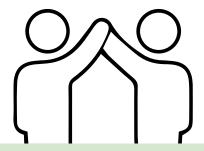
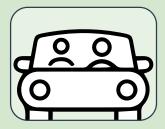
Who is a close contact?



A close contact is generally someone who has been near a person with COVID-19 for at least 15 minutes when public health measures, such as masking and physical distancing, were not in place.

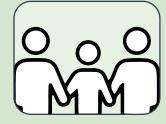
Close contact means any of the following:



You were near the person for at least 15 minutes while indoors when you were not wearing a mask.



The person coughed or sneezed near you.



You care for the person at home.



The person touched, hugged or kissed you.

If you spent time with someone with COVID-19 and you were both wearing masks, you are not a close contact.



People with COVID-19 must let their close contacts know as soon as possible. If you were told you are a close contact, instructions are on the next page.

Close contacts may include:

- Friends and family (people you live with, share a room with, or are intimate with).
- People who attended a social gathering or event with you.
- People you work with, including people you share a workspace with.
- Personal services providers (hair stylists, estheticians, tattoo artists).
- People who attended extracurricular activities with you (hockey practice, dance class, swim class, etc.).
- People who you shared personal items with (such as food or drink, personal hygiene items, cigarettes, vapes, lipstick, forks or spoons).

People you attend school with are not close contacts, unless you also spend time with them outside school.





You are a close contact of someone who has COVID-19.

Now what?

If you have not been identified as a close contact, do not complete this questionnaire. Visit the **Self-Isolation Assessment Tool** for advice.

Do you have symptoms of COVID-19?

NO

YES

Are you fully vaccinated against COVID-19?

YES

NO

In most cases, do not book a PCR test. You are considered a postive case.

You should only book a PCR test if you frequent a high-risk **setting.**¹

Are you fully vaccinated against COVID-19?

YES

NO

YES

NO

- Isolate for 7 days.² \ (Modif
- You do not need to get tested unless you frequent a highrisk setting.¹
- If you develop symptoms, follow guidance for positive cases.
- Once released from isolation, limit activities to essential tasks only and avoid high-risk settings for an additional 3 days.

• **Modified isolation** for 5 days after your last contact with the person.

Does the person who has COVID-19 live with you, or are you intimate partners or a couple who do not live together?

- **Get a PCR test** at least 72 hours after your last contact with the person.
- You can stop modified self-isolation after 5 days has passed and you have a negative test result from your 72hour test.
- If you test positive or develop symptoms, follow guidance for positive cases.
- Once released from modified isolation, limit activities to essential tasks only and avoid high-risk settings for an additional 5 days.

During modified isolation, you must:

- Stay at home except to go to school or work, unless you work in a highrisk setting.³
- Work from home as much as possible.
- Practice physical distancing when at work or school, including while eating or drinking. Try to eat by yourself, if possible.
- Wear a properly fitted, three-layer mask.
- Only do essential activities, such as getting groceries or prescriptions, if there is nobody else who can do it for you.

- **Isolate** for 10 days.⁴ Do not go to work.
- You do not need to get tested unless you frequent a high-risk setting.¹
- School-aged children who do not live with the person who has COVID-19 can attend school during the 10day isolation period. They must isolate when not in school.
- If you develop symptoms, follow guidance for positive cases.

- **Isolate** for 7 days from symptom onset.
- To leave isolation, your symptoms must be improving with no fever for at least 24 hours.
- Once released from isolation, limit activities to essential tasks only and avoid high-risk settings an additional 3 days.
- **Isolate** for 10 days from symptom onset.
- To leave isolation, your symptoms must be improving with no fever for at least 24 hours.

- **Essential tasks** means activities you must do, like going to school, work, or grocery shopping.
- **High-risk settings** include non-essential visits to a long-term care home or child care setting. Children and staff going to child care is considered an essential visit.
- 1 You should only book a PCR if you work in health care; as a first responder; with the Coast Guard; in a correctional facility; you work in or attend an emergency shelter, transition house, or other housing program serving vulnerable populations; or, you live in a long-term care facility, personal care home, community care home, or assisted living facility. People who work in or attend a day care should follow guidance in the Child Care Screening Questionnaire.
- 2 Isolate for 7 days after the person in your household started having symptoms or, if no symptoms, 7 days after their COVID-19 test.
- 3 Staff working in health care (hospitals, long-term care, personal care home, home support, paramedicine), in a correctional facility, a day care, emergency shelter, transition house, or other housing program serving vulnerable populations should not go to work unless they are critical for service provision. In this case, they should follow essential worker protocols. Health care workers should consult with Occupational Health or their manager.
- 4 Isolate for 10 days after the person in your household started having symptoms or, if no symptoms, 10 days after their COVID-19 test. If the person does not live with you, isolate for 10 days after your last contact with the person who has COVID-19.