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

## Now what?

If you develop symptoms at any point, you are considered a positive case. Isolate immediately and complete this questionnaire again for guidance.

Do you have symptoms of COVID-19?

NO

Are you fully vaccinated against COVID-19?

YES

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



- **Isolate** for 7 days.
- You do not need to get tested.
- 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.

N

- Modified isolation for 5 days.
- One PCR test: 72 hours.
- Must receive negative result from the 72-hour test before leaving modified isolation.

During modified isolation, you must:

- Stay at home except to go to school or work.\*\*
- Work from home as much as possible.
- Practice physical distancing when at work or school, including while eating or drinking.

- 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.
- 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.

- **Isolate** for 10 days.
- You do not need to get tested.
- School-aged children who do not live with the person who has COVID-19 can attend school during the 10-day isolation period. They must isolate when not in school.

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.**\*

 If you develop symptoms, follow guidance for positive cases.

- **Isolate** for 7 days from symptom onset.
- Must have no symptoms, or symptoms 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.

Are you fully vaccinated against COVID-19?



- **Isolate** for 10 days from symptom onset.
- Must have no symptoms, or symptoms improving with no fever.

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, school, or child care setting.

- \* 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 a day care, 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.
- \*\* Staff working in long-term care, personal care home, home support, 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 <u>essential worker protocols</u>.



