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[www.toronto.ca/covid-19](http://www.toronto.ca/covid-19)**RE: COVID-19 Close Contact**

You have been identified as a close contact of a person with COVID-19.

**What you need to do and know:**

1. When to self-isolate
2. Get tested with a COVID-19 PCR test
3. Check for symptoms
4. Tell others

**1. When to Self-isolate****Not Fully-Vaccinated**

If you are **not fully vaccinated you must self-isolate for 10 days** from the last time you had close contact with the person with COVID-19. If you do not know the last day you had contact with the person with COVID-19, self-isolate for 10 days from receiving this letter.

**Fully Vaccinated**

- If you are [fully vaccinated](#) you only need to self-isolate if one of the following apply:
  - Developed symptoms of COVID-19,
  - Tested positive for COVID-19,
  - Have a weak immune system (for example, received an organ or stem cell transplant, or undergoing chemotherapy or immunosuppressant therapy).
  - Work in a high-risk setting and have been instructed by your employer to isolate
- You are required to self-monitor for 10 days from the last time you had close contact with the person with COVID-19.
- Avoid non-essential visits to settings with vulnerable populations or where there is a large number of unvaccinated people, for example, long term care home, shelters, schools or child care settings.

**Self-isolation Information**

- Self-isolation means that you must stay home, keep away from others, wash your hands often with soap and water, cover your coughs and sneezes, and wear a mask.
- Go to <https://tinyurl.com/COVID19HowtoSelfIsolate> for more information on how to self-isolate.
- Self-isolation is legally required under the Health Protection and Promotion Act. If you do not self-isolate, you can be fined. To learn more go to: [tinyurl.com/TPHlegal](http://tinyurl.com/TPHlegal).

- If you cannot isolate at home, you may qualify to stay at the [Toronto Voluntary Isolation Centre](#) (TVIC), which is in a Toronto hotel. You can refer yourself to TVIC by calling 416-338-7600 or go to: [toronto.ca/covid-19-what-to-do-if-you-have-covid-19/](#).
- You can stop self-isolating if you do not develop any symptoms at the end of your 10<sup>th</sup> day of isolation.

## 2. Get Tested with a COVID-19 PCR Test

- Get a **PCR** test as soon as possible at an approved COVID-19 Testing Location. Do not use rapid antigen tests. To learn more go to: [toronto.ca/covid19testing/](#).
- Students and staff at a school can use a **PCR** home test kit provided by the school.
- **Test Results:**
  - **Positive test result:** Self-isolate and Toronto Public Health will contact you. You do not need to test again.
  - **Negative test result:**
    - Go for a second test **on or after** 7 days after your last exposure. If you develop symptoms before or after day 7 get tested.
    - Even if you test negative, you must continue to self-isolate if you are **NOT fully vaccinated**.

## 3. Check for Symptoms

- Check for symptoms every day for 10 days after you last had close contact with the person with COVID-19. If you do not know the last day you had contact with the person with COVID-19, check for symptoms every day for 10 days from receiving this letter.
  - If you develop symptoms at any time, get tested again.
  - For a list of COVID-19 symptoms, go to: [toronto.ca/HaveCOVIDSymptoms](#).
  - If you have symptoms AND you are fully vaccinated AND you tested negative, you can end self-isolation if:
    - You do not have a fever (without taking fever-reducing medications), **AND**
    - Your symptoms have been getting better for 24 hours (48 hours for nausea, vomiting, diarrhea, or stomach pain).
  - If your symptoms feel worse than a common cold, call your health care practitioner or Tele-Health Ontario at 1-866-797-0000.
  - **If you have severe symptoms, such as difficulty breathing or chest pain, call 911.**
  - Before going for in-person medical care, tell them that you are a close contact of someone with COVID-19.

## 4. Tell Others

- Tell your employer and/or school that you have been exposed to someone with COVID-19.
  - Follow any restrictions from work, as specified by your manager and/or occupational health department.
- To learn more go to [toronto.ca/COVIDCloseContact](#).

If you have COVID-19 Symptoms	If you are fully vaccinated and do not have COVID-19 Symptoms	If you are NOT fully vaccinated and do not have COVID-19 Symptoms
<p>Tell the people you live with:</p> <ul style="list-style-type: none"> <li>• They need to self-isolate until you get a negative COVID-19 test result.</li> </ul>	<p>Tell the people you live with:</p> <ul style="list-style-type: none"> <li>• They do not need to self-isolate.</li> </ul>	<p>Tell the people you live with who are:</p> <ul style="list-style-type: none"> <li>• Fully vaccinated, they do not need to self-isolate.</li> <li>• <b>Not</b> fully vaccinated: they should avoid vulnerable people (e.g. older adults and younger children) and places (e.g. long-term care homes, hospitals, child care settings).</li> </ul>

### More Information

- COVID-19 Vaccines:
  - Toronto Public Health strongly encourages everyone who is eligible to get vaccinated. To learn more go to: [toronto.ca/covid-19-vaccines](https://toronto.ca/covid-19-vaccines).
- To book a COVID-19 vaccination appointment, go to: [covid-19.ontario.ca/vaccine-locations](https://covid-19.ontario.ca/vaccine-locations)
- If you have any questions, visit [www.toronto.ca/COVID19](https://www.toronto.ca/COVID19) or call the COVID-19 Hotline at 416-338-7600, Monday-Sunday 8:30 a.m. to 4:30 p.m.
- If you need social supports and community resources, please call/text 211.
- If you need medical assistance, please call Telehealth Ontario 24 hours a day at 1-866-797-0000 or call 911 in an emergency.

Sincerely,

Community Case & Contact Management  
 Toronto Public Health  
[toronto.ca/covid](https://toronto.ca/covid)