

# WHAT TO DO IF YOU ARE A CLOSE CONTACT OF A PERSON WITH COVID-19

October 12, 2021

If you have been notified that you are a close contact of someone who has COVID-19:



## SELF-ISOLATE

- You must self-isolate for 10 days from the date of your last exposure to the person who tested positive. Public health will tell you when you can end self-isolation.
- If you have no symptoms and are fully vaccinated\* or recently had a COVID-19 infection\*\* you do not have to self-isolate, unless directed by public health. **You must still follow the instructions below.**



## MONITOR FOR COVID-19 SYMPTOMS EVERY DAY:

Monitor for symptoms of COVID-19 every day, even if you are fully vaccinated\* or had a recent COVID-19 infection\*\*. Look for any of the following symptoms:



**Fever > 37.8°C and/or chills**



**Cough**



**Trouble breathing**



**Decrease or loss of taste or smell**



**Nausea, vomiting or diarrhea**



**Tired, sore muscles or joints**



**Sore throat**



**Runny or stuffy nose**



**Abdominal pain**



**Headache**



**Pink eye**



**Decrease or lack of appetite**

## IF YOU DEVELOP SYMPTOMS:

### Get tested with a PCR test:



- Book an appointment at an assessment centre to get a COVID-19 PCR test.
- If you got a negative PCR test before your symptoms started, get tested again.
- If you are fully vaccinated\* or had a recent COVID-19 infection\*\*, you should stay home and self-isolate right away while you wait for your test result.

### Household members need to self-isolate:

- Everyone in your household will need to self-isolate until you test negative, unless they are fully vaccinated\* or had a recent COVID-19 infection\*\*.

**Notify your employer or call public health at: 416-338-7600.**

## GET TESTED EVEN IF YOU DON'T HAVE SYMPTOMS



- Even if you do not have symptoms, you should get two PCR tests: one as soon as possible and a second usually 1 week later. Public health will provide you more information about when to get these tests.

## WHILE YOU ARE SELF-ISOLATING, EVERYONE IN YOUR HOUSEHOLD SHOULD:

- Wear a mask in public spaces to protect others.
- Limit contact with others with health issues or who are elderly.
- Avoid crowded places.
- Keep a two metre distance from others.



\*Fully vaccinated is defined as 14 days or more after getting a second dose of a COVID-19 vaccine series or as defined by the Ontario Ministry of Health.

\*\*Recent COVID-19 infection means that the person has tested positive for COVID-19 in the last 90 days and has been cleared by public health.