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COVID-19 Case & Contact
Management
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Dear:

RE: COVID-19 Close Contact

You were at _____ on _____ between _____ and _____. Person(s) with COVID-19 were also at this location during this time. This means that you and anyone with you at this location may have been exposed to COVID-19 and are at risk of developing COVID-19. This is what you need to do and what you need to know:

1. When to Self-Isolate
2. When to Get Tested
3. Check for Symptoms
4. Tell Others
5. Protect Others

If you live, work, attend, volunteer, or are admitted to a high-risk setting (e.g. **hospitals** including complex continuing care facilities and acute care, **congregate living settings** including long-term care homes, retirement homes, First Nation elder care lodges, group homes, shelters, hospices and correctional institutions, Home and Community care, Provincial Demonstration schools and Hospital schools) go here for more information: <https://tinyurl.com/TPHHRSettings>.

1. When to Self-isolate

- You may be required to self-isolate depending on which of the three scenarios below applies to you:
 - a) If you **have symptoms of COVID-19**, you must self-isolate. Go to our symptoms page to find out if you have COVID-19: tinyurl.com/symptomsTPH.
 - b) If you **live with the person with COVID-19**, you must self-isolate for as long as they do, unless you meet one of the following criteria AND have no symptoms of COVID-19:
 - Previously tested positive for COVID-19 (including a Rapid Antigen Test) in the last 90 days
 - 18 years or older and have received a booster dose (i.e. 3 doses of a COVID-19 vaccine; or 4 doses if you have a weak immune system)
 - 17 years and younger and are **fully vaccinated** (<https://tinyurl.com/FullyVaxOn>)**If you have a weak immune system and do not meet any of the above criteria**, you must self-isolate for 10 days, even if the person with COVID-19 is only required to isolate for 5 days.
 - c) If you **do not live with the person with COVID-19**, you do not need to self-isolate, unless you develop symptoms. You must **self-monitor** (tinyurl.com/COVID19HowToSelfMonitor) for 10 days after your last exposure to the person with COVID-19.

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 well-fitted mask. Read the fact sheet at tinyurl.com/COVID19HowtoSelfIsolate for more information.
- If you cannot isolate at home, you may qualify to stay at the Toronto Voluntary Isolation Centre (TVIC).

You can refer yourself to TVIC by calling 416-338-7600. Get more info here: tinyurl.com/TVICTPH

- You can stop self-isolating if you have not developed symptoms of COVID-19 by the end of your isolation period.

2. When to Get Tested

- Testing is only available for some contacts. Please refer to this page to find out if you can get tested: tinyurl.com/COVIDtestingON.
- If you have a Rapid Antigen Test (RAT) at home, you can administer it to yourself. Get information on what to do after you complete a RAT and are a close contact: tinyurl.com/TPHCOVID19Testing.
- If you **test positive** for COVID-19 (including on a RAT), go to toronto.ca/haveCOVID19 to find out how long you and the people you live with need to self-isolate.
- Whether or not you test, you **must** complete any self-isolation requirements.

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 **develop symptoms of COVID-19**, you must self-isolate immediately. Go to toronto.ca/HaveCOVIDSymptoms to find out if you have COVID-19.
 - If your symptoms feel worse than a common cold, call your health care provider or Tele-Health Ontario at 1-866-797-0000.
 - **If you have severe symptoms, such as difficulty breathing or chest pain, call 911.**

4. Tell Others

- Tell your employer that you have been exposed to someone with COVID-19 and advise them that you need to self-isolate or self-monitor (whichever applies to you).
 - Follow any restrictions from work, as specified by your employer.
- If you develop symptoms of COVID-19 (toronto.ca/HaveCOVIDSymptoms) tell all of your household members that they must isolate for as long as you, unless they meet one of the criteria in Section 1b.
- Before going for in-person medical care, tell them you are a close contact of someone with COVID-19.

5. Protect Others

- **For the 10 days** after your last exposure to the person with COVID-19, even if you do not need to isolate, you must:
 - Wear a well-fitted mask in all public settings including while exercising or playing sports. Avoid activities that require mask removal, such as dining out.
 - NOT visit or attend work at high-risk settings* (e.g., hospitals, long-term care homes, or congregate living settings)
 - NOT visit individuals who may be at higher risk for illness* (e.g., older adults, those that have a weak immune system)

*Unless required for critical work or unless you have previously tested positive for COVID-19 (including on a Rapid Antigen Test) in the past 90 days.

More Information

- To learn more go to: toronto.ca/COVIDCloseContact
- Toronto Public Health strongly encourages everyone who is eligible to get vaccinated. To learn more go to: toronto.ca/covid-19-vaccines.
 - To book a COVID-19 vaccination appointment, go to: covid-19.ontario.ca/book-vaccine.

Sincerely,

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