COVID-19 Information for Close Contacts

If you have been told or suspect you have been exposed to someone who tested positive for COVID-19, follow these steps to take care of yourself and protect others.

Step 1: Self-Isolate Immediately.

- You should **self-isolate for at least 10 days** after the date of your last exposure to a positive case, regardless of vaccination status.
  - There may be instances where your community has put added precautions in place or has different isolation requirements.
- **Self-monitor for symptoms for 10 days** from the last time you were in contact with the COVID-19 positive individual.

If you develop symptoms:

- You should continue to self-isolate and get tested if it is available.
- Before ending your self-isolation period, your symptoms need to be improving for at least 24 hours (48 hours for gastrointestinal symptoms such as diarrhea and vomiting) and have no fever present.
- If you test positive or negative, see **Step 3: Receiving your COVID-19 lab results**.

Important Notes About Self-Isolation

- The day of your last exposure to COVID-19 is day 0 of your self-isolation period. This means that the first day of your 10 day self-isolation period is the day after you were exposed to COVID-19.
  - Example of a 10 day isolation period: Individual’s last day of exposure to COVID-19 was on January 4th. January 4th is day 0 of their isolation period and January 5th is day 1. This individual would have to isolate until January 14th at midnight and can discontinue isolation on January 15th.

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• If you are in distress, go to the nearest emergency department or call 9-1-1 (experiencing significant trouble breathing, chest pain, fainting or have significant worsening of any chronic disease symptoms). Be sure to tell them that you are COVID-19 positive so correct precautions can be used to decrease the transmission of the virus.

Step 2: Getting tested for COVID-19.
People living in First Nation communities are eligible to be tested for COVID-19. If available, you can choose to get tested with a rapid antigen, rapid molecular or PCR test.

Step 3: Receiving your COVID-19 lab results.
If your COVID-19 test result is positive:
If your COVID-19 test is positive, self-isolate immediately and let your close contacts know of their exposure. You will be contacted by a public health official, healthcare provider or community representative, who will tell you how long you must stay home and self-isolate.

Please follow-up with your household and close contacts and provide them with this information, so they can protect themselves and their communities. A nurse or other health care provider or representative may also call your contacts.

A close contact is somebody you have had prolonged exposure (for more than 15 minutes or multiple close encounters) within 2 meters or less, in the 48 hours before you developed symptoms or 48 hours before you got tested for COVID-19 (if you have no symptoms) until you started self-isolating.

Here are some examples of close contacts:
• Someone in your household
• Someone that had physical contact with you such as shaking hands, hugging, kissing, being sneezed or coughed on
• Someone you provided care to (taking care of your parents, children, etc.)

See COVID-19 Information for Positive Cases for more information.

If your COVID-19 test result is negative:
You will continue to self-monitor or self-isolate for the recommended time period. Self-monitor for symptoms for 10 days from the last time you were in contact with the COVID-19 positive individual. If you develop symptoms, you should continue to self-isolate and get tested if it is available.