

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.

January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Day of last exposure to COVID-19 Day 0	5 Day 1	6 Day 2
7 Day 3	8 Day 4	9 Day 5	10 Day 6	11 Day 7	12 Day 8	13 Day 9
14 Day 10	15 Discontinue Isolation Day 11	16	17	18	19	20

- 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.