

# FACT SHEET: YOU ARE A CLOSE CONTACT OF A PERSON WHO TESTED POSITIVE FOR COVID-19

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COVID-19 is spread through close contact with an infected person. Simcoe Muskoka District Health Unit (SMDHU) uses [contact tracing](#) as an effective tool to slow and control the spread of COVID-19. SMDHU staff follow up with individuals who have tested positive for COVID-19. The information that is gathered helps us to understand where a person may have been exposed to the virus, how the virus is spreading in the community, who the virus is affecting, and how it can be contained.

If you have been identified as a close contact, you may be informed either:

- 1) directly by local public health, or
- 2) by provincial health organizations supporting local public health, or
- 3) by someone in your life who has tested positive.

You are required to take the following steps to stop the spread of COVID-19:

- Stay home and [self-isolate](#) for 14 days after your last contact with the person who tested positive for COVID-19.
- Only leave the house to get tested. It is recommended you seek testing within 7 days from your last exposure to the person who tested positive for COVID and then again on or after 10 days from your last exposure to them. For testing centre locations visit our [website](#).
- Monitor yourself for [symptoms](#) of COVID-19. If symptoms develop, please get tested again, even if you were recently tested.
- If you do get tested you must still self-isolate while you wait for your results. **Even if your test result is negative you MUST continue to self-isolate for the full 14 days.**

## WHAT IS A CLOSE CONTACT?

A close contact is anyone who has been **within 2 metres (6 feet)** of someone who is contagious with COVID-19 and:

- You were together for at least a cumulative duration of 15 minutes regardless if you were both wearing a mask; or
- There was close physical contact such as hugging or kissing (regardless of whether you were both wearing a mask); or
- You live in the same household as a case.

Note: wearing adequate personal protective equipment (at a minimum a medical mask and eye protection) means exposures are generally low-risk.

## HOW TO SELF-ISOLATE:

- Stay home.
- Avoid contact with others- keep your distance by at least 2 meters (6 feet).
- Wash your hands.
- Cover your coughs and sneezes.
- If you cannot maintain a 2 meter (6 feet) distance from others wear a mask over your nose and mouth when around others.
- For more detailed information on to self-isolate safely see [Public Health Ontario's Self-Isolation Fact Sheet](#).

## WHAT IF I DEVELOP SYMPTOMS OF COVID-19 WHILE I AM SELF-ISOLATING?

- Stay home and self-isolate for 10 days after your symptoms started.
- Only leave the house to get tested. For testing centre locations visit our [website](#).
- Contact the Simcoe Muskoka District Health Unit at 1-877-721-7520 ext. 5829 to let them know you are experiencing symptoms.
- After 10 days, you can stop isolating if you no longer have a fever and symptoms are improving for at least 24 hours, but you should continue with physical distancing measures. If you are still unwell at 10 days, contact Telehealth or your health care provider.

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## WHAT DO I DO IF I HAVE AN APPOINTMENT FOR MY COVID-19 VACCINATION?

Do not leave your isolation to go to a vaccination appointment. Please call our COVID-19 Vaccine Appointment Booking Support Line at 1-705-721-7520 (1-877-721-7520), ext 5997 and our staff will be happy to rebook your appointment for you once you have finished your isolation.