

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

Last revised: October 19, 2021

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:

If you are fully vaccinated*	If you are not fully vaccinated*
You are generally not required to stay home or self-isolate as long as you don't have any symptoms. If you reside in a congregate living setting or have a moderate to severe immunocompromising condition you will be required to self-isolate.	Stay home and <u>self-isolate</u> for 10 days after your last contact with the person who tested positive for COVID-19.
You must wear a mask and maintain physical distancing when outside of the home to reduce the risk of transmission to others if you become a case.	Only leave the house to get tested. Test immediately upon notification of exposure and again on or after day 7. If the first test is on or after day 7 from exposure, then you only require one test. For testing centre locations visit our website .
You are asked not to visit vulnerable settings such as long-term care homes, hospitals, schools and child care settings unless essential for work or care.	
Test immediately upon notification of exposure and again on or after day 7. If the first test is on or after day 7 from exposure, then you only require one test. For testing centre locations visit our website .	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.
It is recommended that you notify your workplace that you have been exposed to COVID-19.	Monitor yourself for <u>symptoms</u> of COVID-19.
If you develop symptoms, please stay home and contact the health unit as soon as possible. You can leave the house to get tested. For testing centre locations, visit our assessment centres and testing page.	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 10 days.

*An individual is considered fully vaccinated if they have received:

- A full series of a COVID-19 vaccine authorized by Health Canada , or any combination of such vaccines.
- One or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada, or
- Three doses of a COVID-19 vaccine not authorized by Health Canada; and they received their final dose of the COVID-19 vaccine at least 14 days ago.

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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 (total) duration of 15 minutes regardless of 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.

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 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.