

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

Last revised: November 30, 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) by someone in your life who has tested positive, or
- 2) directly by local public health, or
- 3) by provincial health organizations supporting local public health

## YOU ARE REQUIRED TO TAKE THE FOLLOWING STEPS TO STOP THE SPREAD OF COVID-19: IF YOU ARE FULLY VACCINATED\*:

- You are generally not required to stay home or self-isolate as long as you don't have any symptoms, however if you live in a congregate living setting or you have a moderate to severe immunocompromising condition you will be required to self-isolate (even if you receive a third vaccine dose).
- You must wear a mask and maintain physical distancing when outside of the home to reduce the risk of spreading it to others if you become a case.
- You are asked not to visit vulnerable settings such as long-term care homes, hospitals, schools and child care settings unless essential for work, education or care.
- Test immediately when you find out you are a close contact and again on or after day 7 from the last time you were in contact with the COVID-19 case. 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](#).
- It is recommended that you notify your workplace that you have been exposed to 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.

\*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.

## IF YOU ARE NOT FULLY VACCINATED\*

- Stay home and [self-isolate](#) for 10 days after your last contact with the person who tested positive for COVID-19.
- 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](#).
- Adults (19 years or older) who live in the same house as you who are not fully vaccinated should stay home except for essential reasons\*\* as long as they are not close contacts themselves and no other COVID-19 cases are in the household.
- Anyone 18 years and under who lives in the same house as you and not fully vaccinated must follow the same isolation recommendations as you and not leave your property unless it is to go for testing or to seek necessary medical attention. They do not need to get tested if they do not have any symptoms. This does not apply for those who are fully vaccinated\* OR who have tested positive for COVID-19 in the last 90 days.
- DO NOT leave your isolation to go to a vaccination appointment. If you scheduled your appointment through the provincial online vaccine booking system, you can cancel or change your appointment [online](#) or by calling the Provincial Vaccine Contact Centre at [1-833-943-3900](tel:1-833-943-3900).
- 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.**

\*\* Essential reasons for leaving home includes going to the grocery store or pharmacy; accessing health care services; attending school and for essential in-person work.

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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 total 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 person who has tested positive for COVID-19.

## 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 metre (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.