

You have been exposed to COVID-19, now what?



PLEASE NOTE: Health units will no longer be calling all contacts of COVID-19 cases unless you live, work, attend, volunteer, or have been admitted into a high-risk setting. Instead, you may be told that you are a contact by someone who has tested positive for COVID-19. Believe them and follow the instructions below.

Omicron is now the most dominant strain of COVID-19 in the province. Since this strain is very easy to get and spread to others, all cases in Ontario will be treated as potential Omicron cases.

You Must:

If you live with the person who has tested positive for COVID-19 or has symptoms of COVID-19:

- Self-isolate immediately for:
 - 5 days if you are fully vaccinated* or under 12 years of age
 - 10 days if you are partially vaccinated or unvaccinated, or immune compromised.
- If you develop symptoms, continue to self-isolate for another 5 days if you are fully vaccinated* or under the age of 12, or 10 days if you are partially vaccinated or unvaccinated, or immune compromised. Get tested if you are eligible (see high-risk groups below) and follow the isolation directions for cases.

If you do not live with the person who has tested positive for COVID-19 or has symptoms of COVID-19:

- If you are fully vaccinated* or under 12 years of age and you have no symptoms:
 - Self-monitor for symptoms for 10 days since your last contact with the positive case.
 - Maintain masking, physical distancing and continue to follow all other public health measures if you leave your home.
 - Do not visit any high-risk settings or individuals who may be at higher risk of illness (e.g., seniors) for 10 days from your last exposure.
 - Report your exposure to your employer and follow any work restrictions.
- If you are fully vaccinated and have symptoms:
 - Self-isolate immediately for at least 5 days from the day your symptoms started and until your symptoms have been improving for at least 24 hours (48 hours if gastrointestinal symptoms), whichever is longer.
 - If you are eligible for testing (see high-risk groups below), get tested and follow the guidance for cases.
- If you are not fully vaccinated, or are immunocompromised:
 - you must isolate immediately for 10 days following your last contact with the person who tested positive for COVID-19. If you live with the person who tested positive for COVID-19, you must isolate for the length of their isolation period.

SPECIAL RULES IF YOU LIVE, WORK, ATTEND, VOLUNTEER, OR HAVE BEEN ADMITTED INTO A HIGH-RISK SETTING

High-risk settings include retirement homes, long term care homes, hospitals, etc. A full list of what qualifies as high-risk setting can be found at [phu/fyi/covid-support](https://phu.fyi/covid-support). The Porcupine Health Unit or provincial case and contact management staff will follow-up with you if you are a high-risk contact in one of these high-risk settings.

If you are fully vaccinated* and you don't live with the person who tested positive for COVID-19 or has symptoms of COVID-19, and you have no symptoms:

- Self-monitor for symptoms for 10 days.
- Get tested if recommended by the public health unit.
- If your test is positive, you must self-isolate. Follow the guidance for cases.
- If leaving home, you should maintain masking, physical distancing and all other public health measures.
- You should NOT attend work for 10 days from your last contact with the case.
- Report your exposure to your employer and follow any work restrictions.
- If you develop any symptoms, get tested as soon as possible and self-isolate until you get your result.

If you live with the person who tested positive for COVID-19 or has symptoms of COVID-19 and are fully vaccinated*:

- Self-isolate immediately.
- Self-isolate for 5 days.
- Notify your employer and follow any work restrictions and early clearance guidance.
- If you develop symptoms, get tested and follow the guidance for cases.

If you are fully vaccinated* and you have symptoms:

- Self-isolate immediately.
- Get tested as soon as possible.
- If your test is negative, you can discontinue self-isolation once symptoms have been improving for at least 24 hours (or 48 hours if you have gastrointestinal symptoms).
- If your test is positive, you must self-isolate. Follow the guidance for cases.
- Notify your employer and follow any work restrictions and early clearance guidance.

If you are partially vaccinated or unvaccinated or immune compromised:

- Self-isolate immediately.
- Self-isolate for 10 days.
- Notify your employer and follow any work restrictions and early clearance guidance.
- If you develop symptoms, get tested and follow the guidance for cases.

Note: Workers in these high-risk settings will have the opportunity to return to work early on day seven of their isolation, with a negative PCR test, or two negative rapid antigen tests on day six and seven.

How to Self-Isolate:

- Stay home, do not leave your house.
- As much as possible, avoid contact with people in your home. Stay in your room and use a separate bathroom if possible.
- Do not have visitors.
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- If you cannot maintain a 2-metre distance from others in your home, wear a mask.
- “How to Self-Isolate” – instructions are available in multiple languages online, visit: <https://bit.ly/3Jg5IZE>

*In Ontario, an individual is considered FULLY VACCINATED if they have received:

• A full series (Pfizer/Moderna/AstraZeneca - 2 doses, Johnson & Johnson - 1 dose) 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 last dose of the COVID-19 vaccine at least 14 days ago. At this time, boosters are not required to be considered fully vaccinated.

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