

### 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 4<sup>th</sup>. January 4<sup>th</sup> is day 0 of their isolation period and January 5<sup>th</sup> is day 1. This individual would have to isolate until January 14<sup>th</sup> at midnight and can discontinue isolation on January 15<sup>th</sup>.

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.