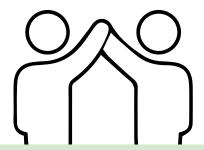
Who is a close contact?



A close contact is generally someone who has been near a person with COVID-19 for at least 15 minutes when public health measures, such as masking and physical distancing, were not in place.

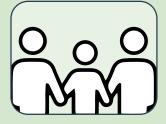
Close contact means any of the following:



You were near the person for at least 15 minutes while indoors when you were not wearing a mask.



The person coughed or sneezed near you.



You care for the person at home.



The person touched, hugged or kissed you.

If you spent time with someone with COVID-19 and you were both wearing masks, you are not a close contact.



People with COVID-19 must let their close contacts know as soon as possible. If you were told you are a close contact, instructions are on the next page.

Close contacts may include:

- Friends and family (people you live with, share a room with, or are intimate with).
- People who attended a social gathering or event with you.
- People you work with, including people you share a workspace with.
- People you attend child care with.
- Personal services providers (hair stylists, estheticians, tattoo artists).
- People who attended extracurricular activities with you (hockey practice, dance class, swim class, etc.).
- People who you shared personal items with (such as food or drink, personal hygiene items, cigarettes, vapes, lipstick, forks or spoons).

People you attend school with are not close contacts, unless you also spend time with them outside school.



You are a close contact of someone who has COVID-19.

Now what?

If you have not been identified as a close contact, do not complete this questionnaire. Visit the **Self-Isolation Assessment Tool** for advice.

• Work from home as much as possible.

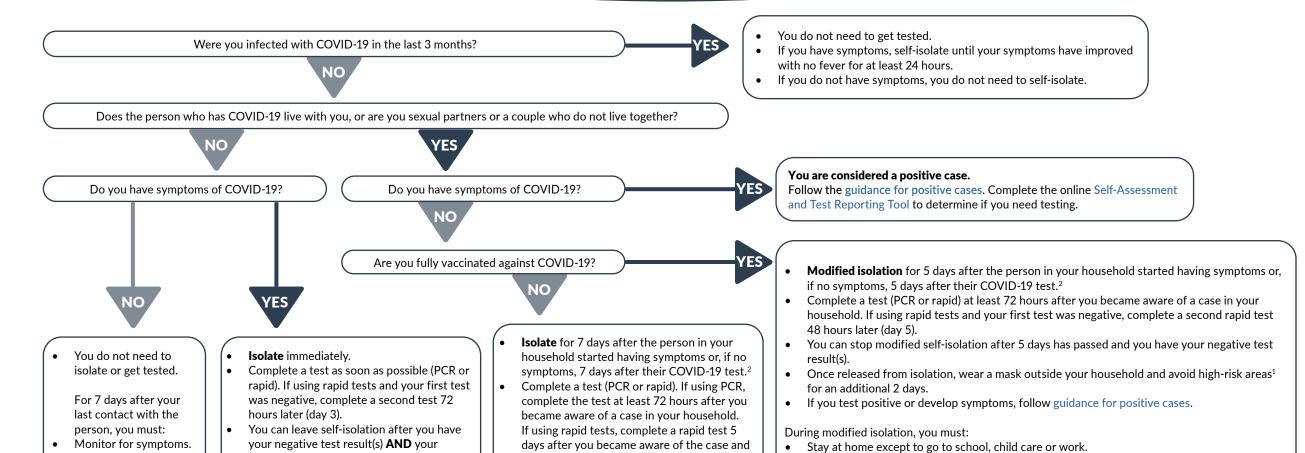
who can do it for you.

drinking. Try to eat by yourself, if possible.

Wear a properly fitted, three-layer mask.

Practice physical distancing when at work, child care or school, including while eating or

Only do essential activities, such as getting groceries or prescriptions, if there is nobody else



if your first test was negative, complete a

You can leave self-isolation after 7 days

has passed and you have your negative test

If you test positive or develop symptoms,

second test 48 hours later (day 7).

follow guidance for positive cases.

result(s).

1 High-risk areas include non-essential visits to hospitals, long-term care homes, large crowded settings, and social gatherings. Workers in these settings can go to work.

symptoms have improved with no fever for

For 7 days after your last contact with the

your home and avoid high-risk areas.¹

If you test positive, follow guidance for

person, you must wear a mask when outside

at least 24 hours.

positive cases.

If any symptoms

guidance.

develop, complete this

questionnaire again for

Wear a mask when

outside vour home.

Avoid high-risk areas.1

2 If there are multiple cases in your household, your isolation and testing instructions as a close contact start over again based on the most recent date a household member tested positive/started having symptoms.