



Instructions for those who may have been in close contact with a person with COVID-19

You are receiving these instructions because you may have been in close contact with a person who has COVID-19. You **MUST** now self-monitor for symptoms and self-isolate.

Who is a close contact?

- A person who lives with someone diagnosed with COVID-19, OR
- A person who provided care for someone diagnosed with COVID-19, including family members or other caregivers, from up to 2 days (48 hours) before the person with COVID-19 was sick until they started to self-isolate, OR
- A person who had other similar close physical contact for more than 5 minutes, from up to 2 days (48 hours) before the person with COVID-19 was sick until they started to self-isolate.

Self-monitoring for COVID-19 symptoms

- If you develop symptoms of COVID-19 (e.g., fever, cough, or difficulty breathing) please use the [Government of Ontario COVID-19 self assessment tool](#) to find out how to get further care.
- COVID-19 symptoms can start up to 14 days after you last came in close contact with the person with COVID-19.
- Most people with mild symptoms will recover on their own at home.
- If you are having escalating symptoms of respiratory illness, including a fever or worsening cough and flu-like symptoms, and are in need of medical attention please go to one of the [COVID-19 Care Clinics](#).
- If you are in distress (e.g., significant trouble breathing, chest pain, fainting, or have a significant worsening of any chronic disease symptoms), go to the nearest Emergency Department or call 9-1-1.

You **MUST** self-isolate at home

- Avoid isolating in a place where there are vulnerable people, including people who have a medical condition, compromised immune systems, or older adults.
- Leaving your property to go for a walk is not permitted. Stay in a private place like your yard or balcony if you go outside for fresh air.

Last updated May 2, 2020



- Limit contact with others in the place of isolation, including children.
- Stay in a separate room and use a separate bathroom from others in your home, if possible.
- If you must leave your room, in addition to keeping at least 2 metres (6 feet) apart from other persons in the home, it is best to wear a face mask, cloth or surgical, to protect the other persons.
- Do not have visitors.
- Do not leave your place of isolation unless it's to get medical care.
- Do not use public transportation (e.g., buses, taxis).
- Do not go to school or work in-person (you can attend virtually).
- Do not go into the community, including the grocery store and pharmacy.
- If you need groceries, medication, or other essential items, arrange to have a family member, friend, neighbour, or anyone else who is not in self-isolation do this for you. Have items left at the door to minimize contact.

** If this is not possible, call 2-1-1 for information on the full range of community, social, government, and health services and programs available in Ottawa, and how to access them.*

Criteria to end self-isolation

- Discontinuing self-isolation depends on whether or not you are still in contact with a person with COVID-19.
- Please refer to the following table for your situation. You can end self-isolation when:

Contact History	Criteria
<p>No longer in contact with someone who has COVID-19</p> <p>(e.g., lives in different household OR lives in same household and can separate by using a separate bedroom and bathroom and can always maintain more than 2 metres distance from the person(s) with COVID-19)</p>	<p>Fourteen (14) days since the last day you had contact with someone who has COVID-19</p> <p>AND you have not developed any symptoms of COVID-19 (e.g. fever, cough, or difficulty breathing)</p>
<p>Ongoing contact with someone who has COVID-19</p> <p>(e.g., lives in same household and unable to separate because you continue to share the same bedroom and/or bathroom)</p>	<p>Fourteen (14) days from the time the person with COVID-19 ends their self-isolation period</p> <p>AND you have not developed any symptoms of COVID-19 (e.g. fever, cough, or difficulty breathing)</p>



* **Please note:** health care workers have different criteria for discontinuing self-isolation. Please refer to the “*Instructions for workers in health care facilities and institutions*” located at [OttawaPublicHealth.ca/Self-Isolate](https://ottawapublichealth.ca/Self-Isolate) for more information.

International travel

- Please note that if you are returning to Canada from international travel, you **MUST** self-isolate for fourteen (14 days) even if you don’t have any common or less common symptoms of COVID-19.
- On March 25, 2020 the Government of Canada issued an Emergency Order under the *Quarantine Act* that requires any person entering Canada by air, sea, or land to self-isolate for 14 days, except essential workers who cross the border.
- Please see canada.ca/COVID19 for more information.

Continue physical distancing **AFTER** your self-isolation has ended – these recommendation apply to all persons:

- Keep at least 2 metres (6 feet) between yourself and other people.
- Cancel all group gatherings.
- Connect via phone, video chat, or social media instead of in person.
- Talk to your employer about working from home (if possible).
- Avoid visiting elderly friends or relatives unless the visit is essential.
- Keep windows down for essential community trips via taxi or rideshares.
- You can go outside for a walk. Make an effort to step-aside or pass others quickly and courteously on sidewalks. Passing someone on the sidewalk is not considered close contact or a significant risk for exposure to COVID-19.

Please refer to [OttawaPublicHealth.ca/Coronavirus](https://ottawapublichealth.ca/Coronavirus) for more information.