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

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

**Who is a close contact?**

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

**Self-monitoring for COVID-19 symptoms**

- If you develop symptoms of COVID-19 (e.g., cough, fever, difficulty breathing), please use the Government of Ontario COVID-19 self-assessment tool ([covid-19.ontario.ca/self-assessment](covid-19.ontario.ca/self-assessment)) 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 case of COVID-19.
- Most people with mild symptoms will recover on their own at home.
- If your symptoms are worsening to a point where you cannot manage at home, go to your nearest emergency department and/or call 911.

**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.
- 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.
- 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 you have to be in contact with others, practice physical distancing and keep at least 2 metres (6 feet) between yourself and the other person.

Criteria to end self-isolation

• Discontinuing self-isolation depends on whether or not you are still in contact with a case of COVID-19. Please refer to the following table for your situation:

<table>
<thead>
<tr>
<th>Contact History</th>
<th>Criteria</th>
</tr>
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<tbody>
<tr>
<td>No longer in contact with a case of COVID-19 (e.g., lives in different household OR lives in same household and can separate by using a separate bedroom and bathroom)</td>
<td>Fourteen (14) days since the last day you had contact with a case of COVID-19 AND you have not developed any symptoms of COVID-19 (e.g. fever, cough, or difficulty breathing)</td>
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<tr>
<td>Ongoing contact with a case of COVID-19 (e.g., lives in same household and unable to separate because you continue to share the same bedroom and/or bathroom)</td>
<td>Fourteen (14) days from the end of the case of COVID-19’s last day of self-isolation AND you have not developed any symptoms of COVID-19 (e.g. fever, cough, or difficulty breathing)</td>
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</tbody>
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Continue physical distancing AFTER your self-isolation has ended

• 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 for more information.