



## Durham Region Health Department **Facts about...**



# **COVID-19 Close Contact**

## **What is a close contact?**

You are a close contact if you have been exposed to someone that has tested positive for COVID-19 while they were infectious (i.e. 48 hours prior to symptoms starting or the date of positive COVID-19 test collection, whichever came first). Someone who has tested positive for COVID-19 is also known as a “case”.

Close contact means:

- You had direct contact with infectious body fluids of the case (e.g., coughed on or sneezed on), or
- You had other close, prolonged, and/or unprotected contact (e.g., contact with a case within 2 metres for more than a few minutes of time particularly if case and/or contact was not masked).

## **Do I need to get tested for COVID-19?**

- All close contacts should get tested immediately AND on or after day 7 from last exposure to the case regardless of vaccination status or symptoms
- Repeat testing is not recommended if the first test was done on day 7 or later from your last exposure and you are not experiencing any symptoms
- If your test result is negative, you must still complete your required self-isolation period
- To arrange testing at one of the Durham Region COVID-19 Assessment clinics complete the online assessment form at [covidswab.lh.ca](https://covidswab.lh.ca).

## **Do I need to self-isolate?**

The following people are required to self-isolate for 10 days from last exposure to the positive case:

- All household members of the case, regardless of vaccination status or symptoms
- Close contacts who are symptomatic, or
- Close contacts who are not fully vaccinated, or
- Close contacts who are immunocompromised, or
- Close contacts exposed to a case who lives, works, learns and/or plays in a high-risk setting (hospital or acute care, congregate living, elementary, middle, or secondary school, childcare centre and camp) even if fully vaccinated and/or have tested negative for COVID-19.

The following people are not required to self-isolate but must self-monitor for COVID-19 symptoms daily for 10 days from their last contact with the case:

- Close contacts who are not household members; and

over...



- Are fully vaccinated, and
- Do not have any COVID-19 symptoms, and
- Are not immunocompromised.

All close contacts should monitor for signs and symptoms of COVID-19 and self-isolate immediately and seek testing if signs or symptoms develop.

Individuals advised to self-monitor are encouraged to report their exposure to their employer and follow any restrictions from work, as specified by their manager and/or Occupational Health department.

## How do I self-isolate?

- Stay home only leave the house to get tested or to seek medical attention
- Stay in a separate room away from other people in your home as much as possible
- If you must be in a room with other people, keep a distance of at least two metres (6 feet) from others
- If you cannot maintain a two metre (6 feet) distance from others, wear a mask over your nose and mouth and advise those around you to wear a mask as well
- If possible, use a separate bathroom
- Wash your hands
- Cover your coughs and sneezes
- For more detailed information on self-isolation see [Facts About Self-Isolation](#).

## What are the signs and symptoms of COVID-19?

COVID-19 symptoms include fever (temperature of 37.8 degrees Celsius or greater), chills, new or worsening cough, shortness of breath, changes to taste or smell. Children under 18 may also experience nausea, vomiting, and/or diarrhea. Adults over 18 may experience symptoms of fatigue (generally feeling unwell or tired), or muscle aches and pain. Other symptoms may include sore throat, runny nose, stuffy nose, abdominal pain, headache, pink eye, or decreased appetite.

## COVID-19 class order:

On April 7, 2020, the Medical Officer of Health for Durham Region issued a class order to address the risks presented by the potential spread of COVID-19 to residents of Durham Region. This order requires that anyone diagnosed with COVID-19, or who is a close contact of a person with COVID-19, must self-isolate as directed by Durham Region Health Department. Individuals who are required to self-isolate and who do not do so can be charged and fined.

December 21, 2021

