



GUIDANCE FOR COVID-19 HIGH-RISK CONTACTS

UPDATED Guidance on
Testing and Isolation.
March 10, 2021

HOW DO I KNOW IF I'M A HIGH-RISK CONTACT?



Public Health has advised you through contact tracing (via a phone call or text message).



School (with direction from Public Health) has confirmed you and/or your child is a high-risk contact.



The COVID Alert App has informed you.

I'M A HIGH-RISK CONTACT. WHAT NEXT?



You must self-isolate and self-monitor for 14 days from your last close contact with the person who has COVID-19. Do not leave your home or return to work or school in-person and make your best effort to self-isolate from your household (i.e. separate space, wear a mask).



Get tested.



If test result is negative, continue 14-day isolation. You may require a second test on or after day 10.



If test result is positive, continue self-isolation and you will be contacted by Public Health.

I SHARE A HOUSEHOLD WITH A HIGH-RISK CONTACT. WHAT NEXT?



You do not need to self-isolate **UNLESS** you are unable to isolate away from the high-risk contact **OR** the high-risk contact is sick. **However**, you should stay home except for essential reasons (i.e. work, school, essential errands).



If the high-risk contact is sick and self-isolating away from you, you must self-isolate until the high-risk contact receives a negative test result.



If the high-risk contact cannot self-isolate within the home, you must also self-isolate during the full isolation period.

CALL 1-844-727-6404 TO BOOK YOUR COVID-19 TEST.