



Information for High-risk Contacts Living in the SAME HOUSEHOLD of a Case of COVID-19

As a **household member** of a person who has tested positive for COVID-19, you are a “high-risk close contact”. This does not mean that you have COVID-19. However, as a household high-risk close contact you are at higher risk of getting infected with the virus. Not everyone who is a close contact will develop an infection, however, the directions in this letter will help protect you and others from COVID-19.

In response to the rapidly rising COVID-19 case counts in the Public Health Sudbury & Districts service area, **all household members of a case of COVID-19 are required to self-isolate regardless of immunization status or if previously infected with COVID-19 within the last 90 days.**

COVID-19 vaccination remains the most important part of overall protection against COVID-19. However, no vaccine is 100% protective. With high rates of COVID currently in our area and given that COVID-19 is more likely to spread in close settings such as households, Public Health is requiring even those who are vaccinated to self-isolate if they live at the same address as a case of COVID-19.

Please note that a legally enforceable [Class Order under the Health Protection and Promotion Act](#), is currently in effect. It requires all individuals in Public Health Sudbury & Districts’ service area who are either a case, potential case or contact of a case, to follow Public Health direction.

Regardless of your immunization status or if you were previously infected with COVID-19, if you currently have or develop any of the **following symptoms (even if mild)**, you must continue to **isolate** and should get **tested** as soon as possible.

Do not hesitate to get tested.

- Fever and/or chills (temperature of 37.8 degrees Celsius/ 100 degrees Fahrenheit)
- Cough or barking cough (croup)
- Shortness of breath
- Decrease or loss of taste or smell
- Nausea, vomiting and/or diarrhea
- Fatigue
- Muscle aches and pain
- Sore throat
- Runny or stuffy nose
- Abdominal pain
- Headache
- Conjunctivitis (pink eye)
- Decreased or lack of appetite

Sudbury

1300 rue Paris Street
Sudbury ON P3E 3A3
t: 705.522.9200
f: 705.522.5182

Elm Place

10 rue Elm Street
Unit / Unité 130
Sudbury ON P3C 5N3
t: 705.522.9200
f: 705.677.9611

Sudbury East / Sudbury-Est

1 rue King Street
Box / Boîte 58
St.-Charles ON POM 2W0
t: 705.222.9201
f: 705.867.0474

Espanola

800 rue Centre Street
Unit / Unité 100 C
Espanola ON P5E 1J3
t: 705.222.9202
f: 705.869.5583

Île Manitoulin Island

6163 Highway / Route 542
Box / Boîte 87
Mindemoya ON POP 1S0
t: 705.370.9200
f: 705.377.5580

Chapleau

34 rue Birch Street
Box / Boîte 485
Chapleau ON POM 1K0
t: 705.860.9200
f: 705.864.0820

toll-free / sans frais

1.866.522.9200

phsd.ca



COVID-19 symptoms can also include the worsening of chronic health problems.

It is critical that you carefully follow the Public Health direction in this letter. These instructions apply to all high-risk close contacts living in the same household as a case of COVID-19 even if you have been fully immunized¹ for COVID-19 or were a confirmed positive case² within the last 90 days.

<p>When should you get tested?</p>	<p>Test immediately. COVID-19 assessment centers are listed below.</p> <p>If you test negative, a repeat test is recommended on or after 7 days from the last date of your exposure to a case.</p> <p>If you do not get tested and you have any COVID-19 symptoms, you must contact Public Health.</p> <p>Rapid Antigen Tests are NOT to be used as they are only for screening purposes for individuals without symptoms and who are not contacts of a case.</p>
<p>Do you need to isolate?</p>	<p>You are required to immediately <u>self-isolate</u>.</p> <p>If you test negative and if you have no new or worsening symptoms, you are required to continue to <u>self-isolate</u> for 10 full days from your date of last exposure to a case of COVID-19.</p> <p>If you experience new or worsening symptoms after your negative test, contact Public Health for further assessment and direction.</p> <p>If you test positive, continue to isolate. Public Health will contact you within 24 hours to advise you that you must isolate for at least 10 days. The Public Health staff will provide you the date that your isolation will end in addition to further information you require for your self-isolation.</p>
<p>When can you return to regular activities e.g., work or school?</p>	<p>If you test negative, and provided no new or worsening symptoms, you can return on the 11th day following your last exposure to a case of COVID-19 as long as you have no fever and any symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (e.g. vomiting, diarrhea).</p> <p>If you test positive, you can return following the self-isolation period that will be communicated to you by Public Health.</p> <p>If you do not get tested and had any symptoms (even mild) within your 10-day self-isolation period, you must continue to isolate and contact Public Health to attain further direction on their return date.</p> <p>If you do not get tested and had no symptoms for your <u>entire</u> 10-day self-isolation period, you can return after day 10.</p>

¹ An individual is **fully immunized** if at least 14 days prior to their high-risk exposure they have received:

- the full series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines; OR
- one or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of a COVID-19 mRNA vaccine authorized by Health Canada; OR
- three doses of a COVID-19 vaccine not authorized by Health Canada.

² An individual is considered **previously positive** if they tested positive for COVID-19 in the last 90 days and have since been cleared from their infection.

COVID-19 testing is offered at the following locations. Appointments are required.

Health Sciences North Assessment Centre

- 705.671.7373 between the hours of 9 a.m. and 5 p.m., 7 days per week
- Online form: [Request an Appointment at the COVID-19 Assessment Centre \(hsnsudbury.ca\)](https://hsnsudbury.ca)

Manitoulin Health Centre Assessment Centre

- Please call 705.368.2300 to book an appointment. Please note hours are limited.

Espanola and area communities assessment centre (for clients in Nairn, McKerrow, Massey, Sagamok, Webwood, Espanola, and Birch Island)

- 705.869.1420, ext. 4500, between 8 a.m. and 4 p.m., 7 days per week.

Chapleau Assessment Centre

- 705.864.2568 between the hours of 9 a.m. to 5 p.m., Monday to Friday.

Instructions for self-isolating to protect yourself and others (including other people in your house) can be found [here](#) or below.

- DO NOT go out and DO NOT have visitors unless they are essential (i.e. care providers – tell them prior that you are a high-risk close contact of COVID-19).
- Stay away from others in your household. Sleep in a separate bedroom and use a separate bathroom where possible. If you cannot stay away from one another make sure that there is good airflow (open windows as weather permits). Everyone should always keep a distance of at least two (2) metres, wear a mask that covers the nose, mouth, and chin without gaps.
- Stay away from older adults and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency).
- As much as possible, the positive case of COVID-19 should stay in a separate room.
- You may go out on a balcony or into a private enclosed yard. Make sure you stay two (2) metres away from a public or shared space.
- Ask friends or extended family members to pick up groceries/supplies for you or arrange for deliveries. Have items left at your door so there is no contact with the delivery person.

Clean your hands

- Wash your hands well and often with soap and water or an alcohol-based hand sanitizer. To dry hands, it is better to use a paper towel or a cloth towel that no one else shares.

Keep your environment clean

- Clean and disinfect high-touch surfaces in your home including light switches, handles, doorknobs, remote controls, etc. at least twice each day.

Cover coughs and sneezes

- Cough or sneeze into a tissue or your elbow, but not your hands. Throw used tissues into a lined wastebasket and wash your hands right away. Whoever empties that wastebasket should wash their hands right after too.

Checking Results

- Test results can be accessed online at covid19results.ehealthontario.ca:4443/agree.
- It may take up to 5 days to get results. If you have not received your test results after a few days, contact the assessment centre where your test was completed.

- If you test positive, you will be notified and supported by public health. You will be provided further instructions on self-isolation and asked about any symptoms you may be experiencing. You will also be advised when it is safe to return to regular activities.

Where to get more information

- Visit phsd.ca for more information about COVID-19.
- Public Health will not be routinely contacting you however we remain available at 705.522.9200, ext. 718 or toll-free at 1.866.522.9200 to answer any questions and to provide additional information.