



Information for High-Risk Close Contacts of a Case of COVID-19

Public Health has identified a high-risk exposure to COVID-19 at a setting that you recently attended. Public Health has provided this letter to the individual responsible for this setting and has requested that they distribute the letter to all who may be at high-risk of exposure to COVID-19 (i.e. high-risk close contacts).

As a person who has been in close contact with someone who has tested positive for COVID-19, you are a “high-risk close contact”. This does not mean that you have COVID-19. However, 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.

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 immediately **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

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

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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 P0P 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
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toll-free / sans frais

1.866.522.9200

phsd.ca



It is critical that you carefully review and follow the Public Health direction in this letter.

There are different rules for people who are fully immunized and those who are not. As we are currently experiencing a high number of COVID-19 cases in our area, Public Health is also taking into account whether the case you were exposed to is in someone who was fully vaccinated (i.e. a “breakthrough case”) and whether there is heightened concern for spread within vulnerable settings¹. This letter identifies on page 1 if you were exposed to a breakthrough case. You must do your own assessment of whether you are immunocompromised or associated with a vulnerable setting.

Please follow the direction in Table 1 below if you are:

- Fully vaccinated² or previously positive³ in the last 90 days; AND
- NOT immunocompromised; AND
- NOT exposed to a breakthrough case or NOT a resident/participant associated with a vulnerable setting.
 - Note: **Individuals who work in vulnerable settings** who meet the above criteria are not required to self-isolate within the community however cannot enter the vulnerable setting in which they work or other vulnerable settings for the duration of their self-monitoring period. These individuals are to follow the direction in Table 1.

Please follow the direction in Table 2 below if you are

- NOT fully vaccinated or NOT previously positive in the last 90 days; OR
- Immunocompromised; OR
- Exposed to a breakthrough case, OR
- A resident/participant of associated with a vulnerable setting.

¹ You should follow the rules for someone with heightened concern for spread within vulnerable settings if you **work or attend/participate in a setting with vulnerable individuals**. Should you become a case you would be putting these individuals at risk. Vulnerable settings include for example, congregate living settings such as long-term care facilities, retirement homes, group homes, shelters, post-secondary institution residence, and childcare centres.

² 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.

³ 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

1. Instructions for Testing and Isolation if you are Fully Immunized or Previously Positive and NOT exposed to a breakthrough case or a resident/participant associated with a vulnerable setting

	Fully immunized or previously positive person who has any <u>symptom</u> of COVID-19 and who is NOT exposed to a breakthrough case or associated with a vulnerable setting	Fully immunized or previously positive person who <u>does not have any symptoms</u> of COVID-19 and who is NOT exposed to a breakthrough case or associated with a vulnerable setting
When should you get tested?	<p>Testing is recommended immediately. COVID-19 assessment centres 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, you must contact Public Health.</p>	<p>Testing is recommended as soon as possible. COVID-19 assessment centres 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>
Do you need to isolate?	<p>You are required to <u>isolate</u> while awaiting your test results.</p> <p>If you test negative, you can stop isolating, but you should continue to stay home until you have no fever, and 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, continue to isolate. Public Health staff will contact you within 24 hours to advise you that you must isolate for at least 10 days. 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>You are <u>not required to isolate</u> while waiting for your test results or if you test negative, as long as you remain symptom-free.</p> <p>If you test positive, self-isolate immediately. Public Health staff will contact you within 24 hours to advise you that you must isolate for at least 10 days. 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>
When can you return regular activities e.g., work or school?	<p>If you test positive OR do not get tested, you can return following a 10-day self-isolation period and as directed by Public Health.</p> <p>If you test negative, you can return once you have no fever, and symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (e.g. vomiting, diarrhea). Follow these additional steps:</p>	<p>You can return to these regular activities immediately, unless otherwise directed by Public Health.</p> <p>Follow these additional steps:</p> <ul style="list-style-type: none"> • Report your exposure to your employer. • Continue to wear a mask and maintain physical distancing when outside of the home.

	<p>Fully immunized or previously positive person who has any <u>symptom</u> of COVID-19 and who is NOT exposed to a breakthrough case or associated with a vulnerable setting</p>	<p>Fully immunized or previously positive person who <u>does not have any symptoms</u> of COVID-19 and who is NOT exposed to a breakthrough case or associated with a vulnerable setting</p>
	<ul style="list-style-type: none"> • Report your exposure to your employer. • Continue to wear a mask and maintain physical distancing when outside of the home. • For 10 days after your last exposure to a case of COVID-19, avoid non-essential visits to settings with vulnerable populations or where there is a large number of unvaccinated people (e.g. volunteering or visiting a long-term care home, shelter, school or child care setting). • Note: Individuals who work in vulnerable settings are not required to self-isolate within the community, however, cannot enter the vulnerable setting in which they work or other vulnerable settings for the duration of their self-monitoring period. • Children are not permitted to participate in extra-curricular activities within the school or in the community for the duration of their self-monitoring period (up to and including day 10). 	<ul style="list-style-type: none"> • For 10 days after your last exposure to a case of COVID-19, avoid non-essential visits to settings with vulnerable populations or where there is a large number of unvaccinated people (e.g. volunteering or visiting a long-term care home, shelter, school or child care setting). • Note: Individuals who work in vulnerable settings are not required to self-isolate within the community, however, cannot enter the vulnerable setting in which they work or other vulnerable settings for the duration of their self-monitoring period • Children are not permitted to participate in extra-curricular activities within the school or in the community for the duration of their self-monitoring period (up to and including day 10).
<p>When do household members need to self-isolate?</p>	<p>Household members need to self-isolate if either of the following two conditions apply. If neither applies, household members do not need to self-isolate.</p> <ol style="list-style-type: none"> 1. Household members must self-isolate if you test positive regardless of household members' immunization status or if previously positive for COVID-19 (Public Health will contact you within 24 hours); OR 2. For household members who themselves are not fully vaccinated or previously positive for COVID-19, they must self-isolate if you have symptoms and you are waiting for test results. Fully immunized household members do not need to self-isolate during this time. 	

2. Instructions for Testing and Isolation if you are NOT Fully Immunized or Previously Positive OR you are Exposed to a Breakthrough Case OR you are Resident/Participant Associated with a Vulnerable Setting

	Not fully immunized/previously positive, OR is exposed to a breakthrough case, OR a resident/participant associated with a vulnerable setting
When should you get tested?	<p>If you have any COVID-19 symptoms, seek PCR testing immediately. 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 have no COVID-19 symptoms, seek PCR testing on or after 7 days from the last date of your exposure to a case</p> <p>If you do not get tested, you must contact Public Health.</p> <p>COVID-19 assessment centers are listed below.</p>
Do you need to isolate?	<p>You are required to <u>self-isolate</u> for 10 days from your date of last exposure to a case.</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. You may stop self-isolating on the 11th day.</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>
Do your household members need to self-isolate?	<p>Household members who are fully immunized or previously positive within the past 90 days are not required to self-isolate, as long as the household member does not develop symptoms.</p> <p>Household members who are not fully immunized and not previously positive within the past 90 days:</p> <ul style="list-style-type: none"> • Must <u>isolate</u> while you are awaiting your test results. • Must isolate if you test positive. • If they are adults, they can stop isolating if you test negative, but should stay home except for essential reasons (school, work, childcare). • If they are unimmunized elementary or secondary school aged children, they must stay away from school and not gather with unimmunized persons outside of their household for the duration of your isolation period.
When can you return to regular activities e.g., work or school?	<p>If you test positive OR do not get tested, you can return following a 10-day self-isolation period and as directed by Public Health.</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 symptoms have been improving for at least 24 hours, or 48 hours for gastrointestinal symptoms (e.g. vomiting, diarrhea).</p>

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.