

# You live with someone who has COVID-19 – Household contact letter

A [Class Order](#) under the Health Protection and Promotion Act is currently in effect. This requires everyone who is a confirmed case, potential case, or contact of a case, to follow Public Health direction.

A person you live with has tested positive for COVID-19. You are considered a high-risk close contact. You are at a higher risk of having the virus and you must take certain precautions.

In response to rapidly rising COVID-19 cases in our area, **everyone who lives with a person with COVID-19 (household contact) is required to self-isolate regardless of immunization status or if previously infected with COVID-19 within the last 90 days.**

## You must self-isolate up to and including 10 days after your exposure to a case of COVID-19, even if you test negative.

- Every household contact of a person with COVID-19 should get tested immediately (PCR testing, not rapid antigen testing).
- If you test negative, a repeat test is recommended on or after 7 days from the last date of your exposure to a case.
- If you do not get tested and you have any COVID-19 symptoms, you must contact Public Health Sudbury & Districts.
- If you test positive, Public Health Sudbury & Districts will contact you.

## When can you return to school/work/daycare?

- If you test negative and you have no new or worsening symptoms, you can return on the 11<sup>th</sup> day following your last exposure to a person with COVID-19 as long as you have no fever and any symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms such as vomiting and diarrhea).
- If you test positive, you can return on a date communicated by Public Health Sudbury & Districts.
- If you do not get tested and had no symptoms, you can return after the 10 days of self-isolation.

**If you do not get tested and had any symptoms, contact Public Health Sudbury & Districts.**

**If you experience new or worsening symptoms after your negative test, call Public Health Sudbury & Districts for further direction.**

Public Health Sudbury & Districts will not be routinely contacting you however we remain available to answer any questions or provide any additional information. We can be reached at 705.522.9200, ext. 718 (toll-free 1.866.522.9200).

If you have worsening symptoms, call Telehealth at 1.866.797.0000 or a health care provider. **For urgent medical help, call 911.** Advise them that you have COVID-19.

For more detailed information, please refer to your letter: [Information for high-risk contacts living in the same household of someone with COVID-19](#) (Household contact letter).