# You have been exposed to a case of COVID-19 in someone who resides outside of your household – High-risk contact letter

A <u>Class Order</u> 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.

Due to the rapid rise in COVID-19 cases and in consultation with Ontario's Chief Medical Officer of Health, Public Health Sudbury & Districts has implemented stricter rules for certain case and contact circumstances.

# Check the following boxes to determine which rules apply to you: | Fully vaccinated or previously positive for COVID-19 in the last 90 days. | Not immunocompromised. | Public Health Sudbury & Districts has advised you that you were NOT exposed to a fully vaccinated person with COVID-19 ("breakthrough" case). | Not a resident or participant of a vulnerable setting (e.g. long-term care home, retirement home, group home, shelter, post-secondary, childcare centre). This does not include those who work in these settings. If you check ALL boxes above, follow rules in "FLOWCHART 1", Otherwise, follow the rules in "FLOWCHART 2" Did you check ALL the boxes above? Yes

FLOWCHART 1

Do you have any symptoms of COVID-19?

Yes

No

Get tested right away (PCR test, not rapid antigen test). Isolate while you wait for your results.

If you test negative, get tested again on or after 7 days after you were in contact with the case.

If your test is positive, continue to isolate. Public Health Sudbury & Districts will contact you.

**If you do not get tested,** you must isolate and call Public Health Sudbury & Districts.

When can you return to your regular activities (work, school, etc.)?

You can stop isolating and return if you test negative, and once you have no fever and symptoms improving for 24 hours (48 hours for gastrointestinal symptoms such as vomiting and diarrhea).

Public Health Sudbury & Districts

Get tested right away (PCR test, not rapid antigen test). You do not need to isolate while you wait for results.

If your test is negative, a repeat test is needed on or after 7 days after the last time you were in contact with the case.

If your test is positive, continue to isolate. Public Health Sudbury & Districts will contact you.

When can you return to your regular activities (work, school, etc.)?

You can return right away and as long as you remain symptom-free.

You must avoid non-essential visits to vulnerable settings (e.g. volunteering or visiting a long-term care home, shelter, school or child care setting) for 10 days after you were in contact with the case.

FLOWCHART 2

You must self-isolate for a full 10 days from the date of your last exposure to the case (i.e., person who is positive for COVID), even if you test negative.

If you have any symptoms, **get tested right away** (PCR test, not rapid antigen test). If you test negative, get tested again on or after 7 days from your last exposure to the case. If you experience new or worsening symptoms after your negative test, contact Public Health Sudbury & Districts for further assessment and direction.

If you **do not have symptoms,** get tested on or after 7 days from your last exposure to the case.

**If you do not get tested,** you must isolate and call Public Health Sudbury & Districts.

When can you return to regular activities? (work, school, etc.)?

If you test negative and have no new or worsening symptoms, you can return after 10 full days of isolation, as long as you have no fever and 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 the date communicated to you 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,** call Public Health Sudbury & Districts.

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If you are permitted to stop isolating, for 10 days after you were in contact with the case:

You **must** still avoid nonessential visits to vulnerable settings (e.g. volunteering or visiting a long-term care home, shelter, school or child care setting).

If you work in a vulnerable setting, you **must** also stay away from these settings.

If you work in a vulnerable setting, you **must** also stay away from these settings for 10 days after you were in contact with the case.

## Do others in your home need to self-isolate?

Those in the home must to self-isolate if **any** of the following apply:

- All household members must self-isolate if you test positive, even if they are protected\* against COVID-19.
- Household members who are not protected\* against COVID-19 must self-isolate if they are symptomatic and waiting for test results. Those in the home who are protected against COVID-19 do not need to self-isolate.
- Household members who are not protected\* against COVID-19 and are attending daycare or are students at elementary or secondary school, must stay away from school/daycare and not gather with unvaccinated persons outside their home until after your full 10 days of isolation.

\*Protected against COVID-19 means either fully vaccinated or previously positive for COVID-19 in the last 90 days

### Do others in your home need to self-isolate?

Those in the home must to self-isolate if any of the following apply:

- All household members must self-isolate if you test positive, even if they are protected\* against COVID-19.
- Household members who are not protected\* against COVID-19 must self-isolate if they are symptomatic and waiting for test results. Those in the home who are protected against COVID-19 do not need to self-isolate.

\*Protected against COVID-19 means either fully vaccinated or previously positive for COVID-19 in the last 90 days

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: <u>Information for high-risk contacts not living in the same household of someone with COVID-19</u> (High-risk contact letter).