

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

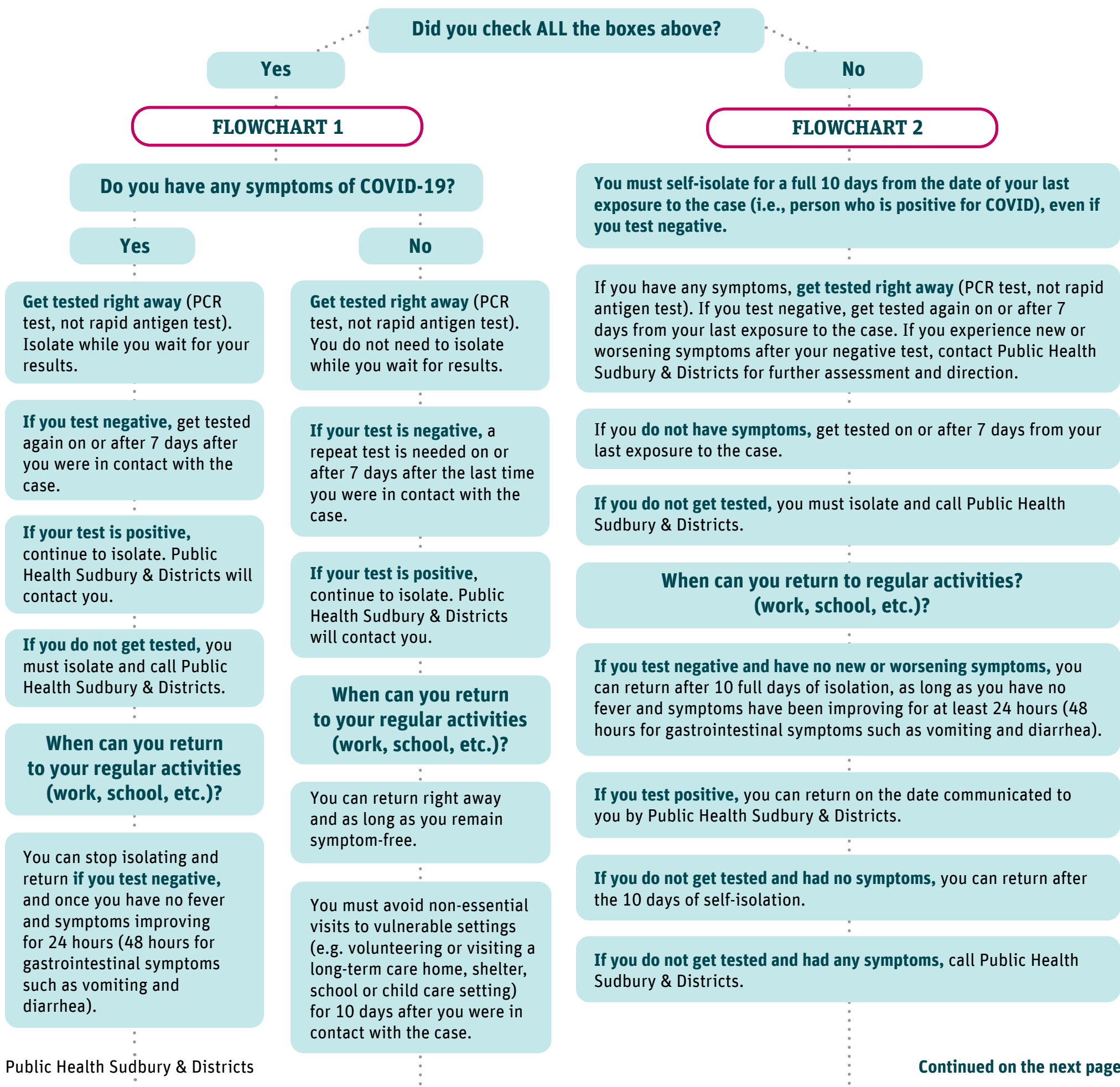
A [Class Order](#) under the Health Protection and Promotion Act is currently in effect. This requires everyone who is a confirmed case, potential case, or contact of a case, to follow Public Health direction.

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"



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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 non-essential 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.

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

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- 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*

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 not living in the same household of someone with COVID-19](#) (High-risk contact letter).