

You must **monitor yourself** and you may need to **self-isolate** if you are a close contact.

All contacts need to self-monitor for 14 days after being exposed to someone with COVID-19. Some close contacts may also need to self-isolate for part of that time, if they

are not sufficiently protected by vaccination and/or had a recent COVID-19 infection. Follow the directions provided to you by Public Health.

### 1 Self-isolate

- Self-isolating helps stop the spread of COVID-19.
- You can spread the virus up to two days **before** you have symptoms.
- Some people never develop symptoms but can still spread COVID-19. This is why you still need to self-isolate.
- Self-isolation is not required if you are fully-vaccinated or had COVID-19 infection within the last 90 days. However, you will need to self-monitor for 14 days.
- See **how to self-isolate** on page 2.

#### Self-isolate for as long as public health tells you

- You must self-isolate for a full **10 days** from the last day you had close contact with the person who tested positive for COVID-19. This is true even if you get a negative COVID-19 test during your self-isolation period.
- You may be told to self-isolate longer than 10 days (for example, if you are a caregiver of a child with COVID-19).

- If you test positive for COVID-19 while you are self-isolating, you must isolate for at least 10 days after your first symptom, or as directed by public health.

#### If you need to go out for medical reasons

- It is best to walk, ride a bike, or drive yourself.
- If you travel in a car with anyone (in a taxi, a ride share, or even with someone from your household), everyone must wear a mask. Roll down all the windows. Everyone should clean their hands before and after the ride.
- If you must take public transit, wear a mask, clean your hands before and after the ride, and stay 2 metres away from others.

#### Do others in my household need to self-isolate?

If they are not identified as a close contact, they do not need to stay home. Your household members should keep their distance from you and monitor themselves for symptoms.

### 2 Monitor yourself for COVID-19 symptoms daily

If you have any of the COVID-19 symptoms listed below, **GET TESTED** right away:

- fever or chills
- difficulty breathing
- loss of smell or taste
- cough
- sore throat
- headache
- body aches
- loss of appetite
- nausea, vomiting

You do not need to wait 24 hours before getting tested.

**Go to an urgent care clinic or emergency department if you:**

- have difficulty breathing
- have chest pain
- can't drink anything
- feel very sick
- feel confused

If you have questions, call 8-1-1 or your healthcare provider.

### How to self-isolate

Do not go to work, school, or other public places. Have family, friends, or a delivery service deliver food, medication, and other supplies to you. Do not have visitors inside unless they are homecare providers. Do not go outside of your home if you have a cough.

If you don't have a cough, you can go outside of your home in some circumstances. If you need to walk your dog, get fresh air, take out the garbage, or go to shared spaces for laundry or mail:

- Wear a well-fitted 3-layer mask that covers your nose and mouth and goes under your chin.
- Stay 2 meters away from others at all times, inside and outside.
- Go outside at quieter times, when there are fewer people around.
- Only go to places where you know you will have space to distance yourself from others.
- Avoid shouting, singing or exercising that makes you breathe harder, as these activities increase the chance of spreading COVID-19.
- Walks can be with one other person who is also a close-contact in your household (maximum two people out together).
- Clean hands before touching anything outside of your home.
- Do not stop to talk to others, even if you are wearing a mask and staying 2 meters apart.
- If you live in a condo or apartment: Avoid busy waiting areas and elevators. Take the stairs if possible. If you must take the elevator, ride alone or with one other household member who is also self-isolating. Do not use common areas such as gyms or pools.

### If you live with others

Let everyone at home know you are self-isolating.

- If possible, stay in your own room and use a different bathroom than others.
- If you must be in a room with others:
  - Stay more than 2 meters apart as much as possible.
  - Everyone should wear a 3-layer mask that covers the nose and mouth and goes under the chin.
  - Open windows to increase airflow.
- Eat alone in the room where you are self-isolating. If you must eat in a shared space, eat by yourself.
- Everyone should wash hands often with soap and water, or use hand sanitizer.
- If you share a bathroom:
  - Put down the toilet seat before you flush.
  - Turn on the fan or open the window.
  - Clean handles and faucets after each use
  - Avoid sharing personal items like toothbrushes and towels
- Clean and disinfect high-touch surfaces such as door handles, light switches, faucets, phones, computers and remote controls.