You’ve been exposed to someone who has tested positive for COVID-19, now what?

Are you fully immunized (e.g. it has been 14 or more days since your final dose)?

No

You should self-isolate and get tested right away. If your test is negative you are recommended to re-test on or after day 7.

You are required to self-isolate for 10 days following your last exposure even if you test negative.

Do you have any symptoms of COVID-19?

Yes

Your symptoms must be improving for at least 24 hours (48 hours for gastrointestinal symptoms) prior to ending self-isolation.

No

What your household members should do:

If they are fully immunized they don’t need to self-isolate.

If they are not fully immunized they should self-isolate while awaiting test results and then should stay at home except for essential reasons (i.e. work, school) during your isolation period.

Do you have any symptoms of COVID-19?

Yes

You should self-isolate and get tested right away.

If your test is positive you must self-isolate for 10 days.

If your test is negative you can discontinue self-isolation once symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms).

No

You are likely* not required to self-isolate but you should get tested.**

For the next 10 days you should self-monitor, follow public health measures like wearing a mask outside of your house, and self-isolate and get tested if you develop any symptom.

What should your household members do?

If they are fully immunized they don’t need to self-isolate.

If they are not fully immunized they should self-isolate until you get a negative test result.

What your household members should do:

If they are fully immunized they don’t need to self-isolate.

If they are not fully immunized they should stay at home except for essential reasons (i.e. work, school) during your isolation period.

Your local public health unit will contact you shortly with more instructions.

*Self-isolation still may be required at the discretion of the local public health unit. Refer to the COVID-19 Fully Immunized and Previously Positive Individuals: Case, Contact and Outbreak Management Interim Guidance for individuals with immunocompromise and residents of high risk congregate living settings / inpatients. **Refer to Provincial Testing Guidance.