



General Community Information for CLOSE CONTACTS of Person who Tested Positive for COVID-19 (PCR or Rapid Antigen Test (RAT))

This guidance does not apply to those who work or live in a high-risk setting. For general information for those who live and work in high-risk settings, please view the information located on the Algoma Public Health [webpage](#).

If you think you have been exposed to someone who has tested positive for COVID-19 (because the individual has advised you or you received a notification from the [COVID Alert app](#)), it is important you follow these steps to protect yourself and others:

Determine if you need to self-isolate

[Self-isolation](#) means not leaving your home or the place you are isolating in for a period of time as outlined below. Your self-isolation period starts the day you were **last exposed or came in to contact with** the person who tested positive for COVID-19.

When you are self-isolating, you must isolate away from others in the home and not have visitors come into the home (unless for essential reasons, e.g. health care). During your self-isolation, you cannot attend work, school, extracurricular activities, or go shopping, and can only leave the home to access emergency health care.

Household contacts of a person who tests positive for COVID-19

- If you are [fully vaccinated](#) (two doses of COVID-19 vaccine) **or** under 12 years old, you **must** [self-isolate](#) for at least **5 days** since your last exposure.
- If you are unvaccinated, partially vaccinated (only one dose of COVID-19 vaccine), or immune compromised, you **must** [self-isolate](#) for at least **10 days** since your last exposure.
- If [COVID-19 symptoms](#) develop, or you test positive on a Rapid Antigen Test, continue to self-isolate and follow the [Letter for Persons with Symptoms of COVID-19](#) **or** [Letter for Persons who Test Positive for COVID-19 \(RAT or PCR\)](#). Do not attend an assessment centre for PCR testing.
- If you are a caregiver to someone with COVID-19, please see [this handout](#) for more information on keeping yourself safe.
- If you cannot self-isolate in your home, please call APH at 705-942-4646 ext. 5404.

Non-household contacts of person who tests positive for COVID-19

- [Fully vaccinated](#) (at least two doses of COVID-19 vaccine), asymptomatic close contacts who **do not work in a high-risk setting** must [self-monitor](#) for 10 days after their last exposure, but are not required to self-isolate unless symptoms develop.
- Children under 12 years of age, regardless of vaccine status, who are asymptomatic close contacts must [self-monitor](#) for 10 days after their last exposure, but are not required to self-isolate unless symptoms develop.
- Unvaccinated, partially vaccinated (only one dose of COVID-19 vaccine), or immunocompromised close contacts who are asymptomatic are required to [self-isolate](#) for 10 days after their last exposure.



- If [COVID-19 symptoms](#) develop, or you test positive on a Rapid Antigen Test, immediately self-isolate and follow the [Letter for Persons with Symptoms of COVID-19](#) or [Letter for Persons who Test Positive for COVID-19 \(RAT or PCR\)](#). Do not attend an assessment centre for PCR testing.

Self-monitor for symptoms

All close contacts must [self-monitor](#) for COVID-19 symptoms daily for 10 days after the date you were exposed. Self-monitoring means checking for symptoms including fever, cough, and difficulty breathing for at least 10 days following your exposure. If you are not required to self-isolate, you must still avoid all non-essential visits to settings with vulnerable populations or a large number of unvaccinated people (for example: volunteering at or visiting a long term care home, childcare centre, or school).

Individuals advised to self-monitor are encouraged to report their COVID-19 exposure to their workplace, and follow any additional recommendations or restrictions from their employer or occupational health and safety department.

Under the Section 22 Class Order issued by Algoma's Medical Officer of Health, anyone in Algoma who has confirmed or suspected COVID-19 infection, or who is identified as a close contact requiring isolation, must isolate and follow public health instructions. Not complying with this legal order is an offence and a person may be liable for a set fine of \$750 or otherwise of up to \$5,000 per day or part of each day that the offence continues, on conviction.

Other COVID-19 measures and precautions

Following discharge from self-isolation or end of your self-monitoring period, please continue to follow public health measures currently required when outside your home (work, schools, childcare, etc.) and continue taking precautions to protect you and your loved ones including getting vaccinated for COVID-19 when eligible, practicing physical distancing of 2 meters (or 6 feet), wearing a face covering, proper hand hygiene, and avoiding social gatherings.

For more information:

Please visit the APH website for [Information for those who test positive for COVID-19, high-risk and close contacts, and workplaces](#) or call 705-942-4646 ext. 5404.