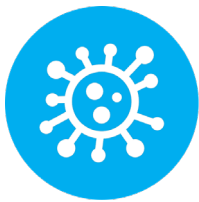# " I have been in close contact with someone who has COVID. What should I do? "

A person has COVID if they have a positive test OR if they have COVID symptoms.

Symptoms of COVID include:

ANY ONE of the following:		**ANY TWO** of the following:
✓ Fever and/or chills		✓ Runny or stuffed-up nose
✓ A cough that's new or worse than usual		✓ Headache
✓ Shortness of breath	**OR**	✓ Extreme fatigue
✓ A change in your sense of taste or smell		✓ Sore throat
		✓ Muscle aches/joint pain
		✓ Vomiting or diarrhea

Other symptoms that could go along with COVID-19 include: abdominal pain; pink eye and; (for children) loss of appetite.

You are a close contact if you:

✓ Live with someone who has COVID OR
✓ Were closer than 2 metres away from someone with COVID for 15 minutes or more while they could spread COVID (*unless everyone was wearing a mask*).

Someone with COVID can spread the virus from 2 days before symptoms began (or before a positive test). They can spread COVID for up to 10 days after symptoms began (or after a positive test).

Updated: Oct. 5, 2022
For other questions, please visit **ConfusedAboutCOVID.ca**.

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As a close contact, what should I do?

You should watch for symptoms and take extra precautions for 10 days from the last time you were around the person with COVID while they could spread it.

Isolate immediately if you have symptoms of COVID. Find information for people with symptoms here: **rebrand.ly/Feeling-Unwell**.

For 10 days from your last exposure:

✓ Wear a well-fitting, high-quality mask in indoor public settings ; AND
✓ Avoid non-essential settings where you can't keep a mask on at all times e.g. restaurants ; AND
✓ Avoid non-essential activities that you would need to take a mask off to do e.g. contact sports, playing wind instruments.

✓ Avoid non-essential visits to highest-risk settings*; AND
✓ Avoid non-essential visits to people who are at higher risk of serious illness e.g. older people, people with a weakened immune system (includes people with health conditions and people taking medications that affect the immune system).

Recommendations may be different for people who live or work in highest-risk settings*.

* *Highest-risk settings include: hospitals and congregate living settings like long-term care, retirement homes, shelters and housing for foreign agricultural workers.*

Do I need a COVID test?
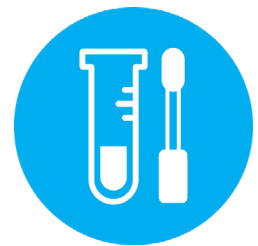
Find information about COVID tests here: **rebrand.ly/covid-test-new**

Remember: While COVID continues to be common in Ontario, there are things you can do to protect yourself and others.

✓ Get all vaccine doses that are recommended for you.
✓ If you feel sick, stay home.
✓ Wear a well-fitted mask in indoor public spaces.
✓ Gather outdoors whenever possible.
✓ Breathe clean air: open windows, keep the furnace fan "on", and use air filters

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