



Durham Region Health Department Facts about...



COVID-19 Close Contact

You are a close contact if you have been exposed to someone that has tested positive for COVID-19. Close Contacts are required to take the following steps to stop the spread of COVID-19:

- Stay home and self-isolate for 10 days after your last contact with the person who tested positive for COVID-19
- Monitor yourself for symptoms of COVID-19
- Only leave the house to get tested or to seek medical attention
- Seek testing for COVID-19
- If you are fully vaccinated please refer to the “What if I am fully vaccinated?” section below.

When to get tested:

- Close contacts should be tested/re-tested as soon as possible. If the test is negative, you should be re-tested on or after day 7 after the exposure
- Repeat testing is not recommended if the first test was done on day 7 or later from your last exposure and you are not experiencing any symptoms
- **If your test result is negative, you must continue to self-isolate for the full 10 days** (unless fully vaccinated, see “What if I am fully vaccinated?” section below).
- To arrange testing at one of the Durham Region COVID-19 Assessment clinics complete the online assessment form at covidswab.lh.ca.

COVID-19 class order:

On April 7, 2020, the Medical Officer of Health for Durham Region issued a class order to address the risks presented by the potential spread of COVID-19 to residents of Durham Region. This order requires that anyone diagnosed with COVID-19, or who is a close contact of a person with COVID-19, must self-isolate as directed by Durham Region Health Department. Individuals who are required to self-isolate and who do not do so can be charged and fined.

How to self-isolate:

- Stay home
- Stay in a separate room away from other people in your home as much as possible
- If you must be in a room with other people, keep a distance of at least two metres (6 feet) from others
- If you cannot maintain a two metre (6 feet) distance from others, wear a mask over your nose and mouth and advise those around you to wear a mask as well
- If possible, use a separate bathroom
- Wash your hands

over...



- Cover your coughs and sneezes
- For more detailed information on self-isolation see [Facts About Self-Isolation](#)

Do my household members need to isolate?

If **you have symptoms**, your household members who are not fully vaccinated are required to self-isolate until you receive negative test results. If your test is negative, household members who are not fully vaccinated must stay at home except for essential reasons during your isolation period. Essential reasons include going to work, school, or childcare. Fully vaccinated household members do not need to self-isolate.

If **you do not have symptoms**, your household members who are not fully vaccinated are required to stay home during your isolation period except for essential reasons. Essential reasons include going to work, school, or childcare. Fully vaccinated household members do not need to self-isolate.

What if I am fully vaccinated?

You are fully vaccinated when you have completed your full COVID-19 vaccine series (or any combination of vaccines) authorized by Health Canada; one or two doses of a COVID-19 vaccine not authorized by Health Canada, followed by one dose of an mRNA vaccine authorized by Health Canada; or three doses of a COVID-19 vaccine not authorized by Health Canada and received a final dose of the COVID-19 vaccine at least 14 days ago.

Fully vaccinated close contacts with symptoms:

- Should self-isolate immediately and get tested/re-tested. If test results are negative, and the test was done on days 0-6, it is recommended to go for re-testing on or after day 7 from your last exposure to the case. If the results are negative AND symptoms are resolving and the individual is fever free for 24 hours without fever reducing medications (or 48 hours for gastrointestinal symptoms (nausea, vomiting and/or diarrhea)), they can stop self-isolating
- Fully vaccinated household members without symptoms do not need to self-isolate while the close contact is awaiting test results
- Household members who are not fully vaccinated should self-isolate while the close contact is awaiting test results

Fully vaccinated close contacts without symptoms:

- Do not need to self-isolate, but they should still be tested. If test results are negative, and the test was done on days 0-6, it is recommended to go for re-testing on or after day 7 from your last exposure to the case
- Household members do not need to self-isolate
- Avoid non-essential visits to settings with vulnerable people or where there is a large number of unvaccinated people (e.g. volunteering or visiting a long-term care home, shelter, school or childcare setting) for 10 days after last exposure

What are the signs and symptoms of COVID-19?

COVID-19 symptoms include fever (temperature of 37.8 degrees Celsius or greater), chills, new or worsening cough, shortness of breath, changes to taste or smell. Children under 18 may also experience nausea, vomiting, and/or diarrhea. Adults over 18 may experience symptoms of fatigue (generally feeling unwell or tired), or muscle aches and pain. Other symptoms may include sore throat, runny nose, stuffy nose, abdominal pain, headache, pink eye, or decreased appetite.

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