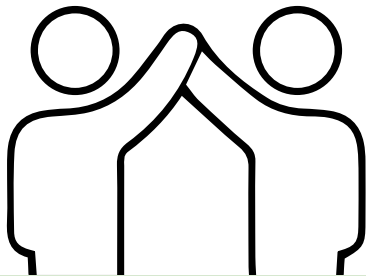
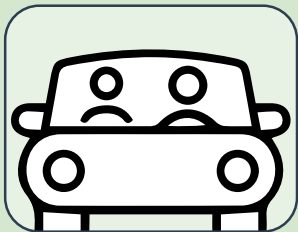


Who is a close contact?

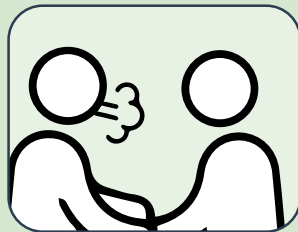


A close contact is generally someone who has been near a person with COVID-19 for at least 15 minutes when public health measures, such as masking and physical distancing, were not in place.

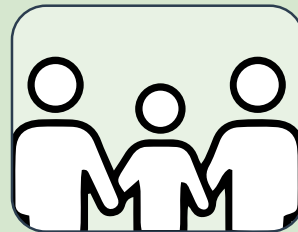
Close contact means any of the following:



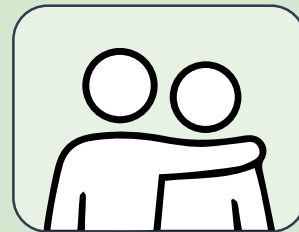
You were near the person for at least 15 minutes while indoors when you were not wearing a mask.



The person coughed or sneezed near you.



You care for the person at home.



The person touched, hugged or kissed you.

If you spent time with someone with COVID-19 and you were both wearing masks, you are not a close contact.



Close contacts may include:

- Friends and family (people you live with, share a room with, or are intimate with).
- People who attended a social gathering or event with you.
- People you work with, including people you share a workspace with.
- Personal services providers (hair stylists, estheticians, tattoo artists, massage therapists).
- People who attended extracurricular activities with you (hockey practice, dance class, swim class, etc.).
- People who you shared personal items with (such as food or drink, personal hygiene items, cigarettes, vapes, lipstick, forks or spoons).

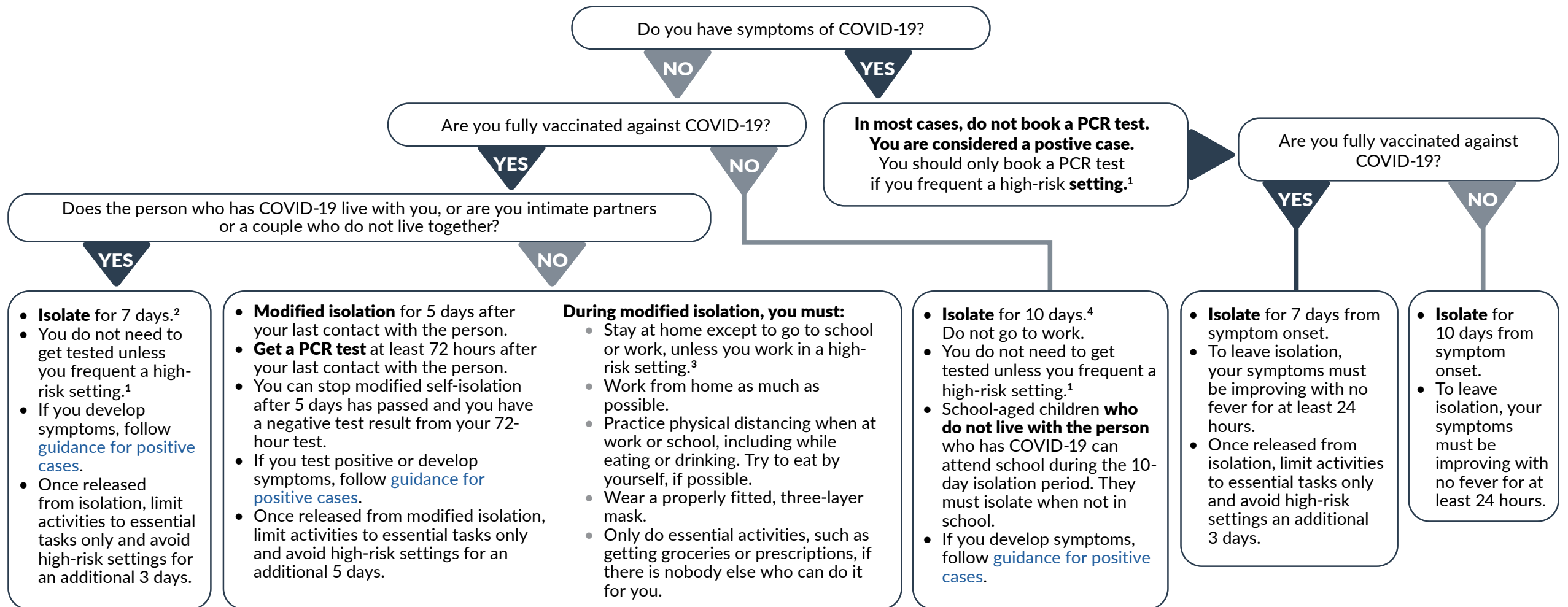
People you attend school with are not close contacts, unless you also spend time with them outside school.

People with COVID-19 must let their close contacts know as soon as possible. If you were told you are a close contact, instructions are on the next page.

You are a close contact of someone who has COVID-19.

Now what?

If you have not been identified as a close contact, do not complete this questionnaire. Visit the [Self-Isolation Assessment Tool](#) for advice.



Essential tasks means activities you must do, like going to school, work, or grocery shopping.

High-risk settings include non-essential visits to a long-term care home, school, or child care setting. Children and staff going to child care is considered an essential visit.

¹ You should only book a PCR if you work in health care; as a first responder; with the Coast Guard; in a correctional facility; you work in or attend a day care, emergency shelter, transition house, or other housing program serving vulnerable populations; or, you live in a long-term care facility, personal care home, community care home, or assisted living facility.

² Isolate for 7 days after the person in your household started having symptoms or, if no symptoms, 10 days after their COVID-19 test.

³ Staff working in health care (hospitals, long-term care, personal care home, home support, paramedicine), in a correctional facility, a day care, emergency shelter, transition house, or other housing program serving vulnerable populations should not go to work unless they are critical for service provision. In this case, they should follow [essential worker protocols](#). Health care workers should consult with Occupational Health or their manager.

⁴ Isolate for 10 days after the person in your household started having symptoms or, if no symptoms, 10 days after their COVID-19 test. If the person does not live with you, isolate for 10 days after your last contact with the person who has COVID-19.