

## Information for COVID-19 Cases and Close Contacts

If you have COVID-19, this information will tell you how to self-isolate and notify your close contacts. Public Health is asking you notify your close contacts by sending them this information.

**If you have COVID-19, you must self-isolate. Please read the information on how to self-isolate at <https://www.gov.nl.ca/covid-19/self-isolation>**

### When can I leave isolation?

Fully Vaccinated	Unvaccinated/Partially Vaccinated/Immunocompromised
<p><b>If you have symptoms</b>, you must isolate for 7 days from the date you had your first symptom. For example, if you had a runny nose that started at 10am on January 10, you can leave isolation at 10am on January 17. You can leave isolation after 7 days if you have no fever and your symptoms improved in the last 24 hours without the use of fever-reducing medication. <b>You do not need another test in order to leave isolation.</b> Once released from isolation, limit activities to essential tasks only and avoid high-risk settings for an additional 3 days.</p>	<p><b>If you have symptoms</b>, you must isolate for 10 days from the date you had your first symptom. For example, if you had a runny nose that started at 10am on January 10, you can leave isolation at 10am on January 20. You can leave isolation after 10 days if you have no fever and your symptoms improved in the last 24 hours without the use of fever-reducing medication. <b>You do not need another test in order to leave isolation.</b></p>
<p><b>If you do not have symptoms</b>, you must self-isolate for 7 days from the date your test was completed. For example, if your test was at 9am on January 10, you may leave isolation at 9am on January 17. <b>You do not need another test in order to leave isolation.</b> Once released from isolation, limit activities to essential tasks only and avoid high-risk settings for an additional 3 days.</p>	<p><b>If you do not have symptoms</b>, you must self-isolate for 10 days from the date your test was completed. For example, if your test was at 9am on January 10, you may leave isolation at 9am on January 20. <b>You do not need another test in order to leave isolation.</b></p>

**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 or child care setting.

**If you have COVID-19, you must let your close contacts know as soon as possible. You can call or text them and then send them this letter. If possible, we recommend texting or emailing the link to make sure they always have the most current version.**

A close contact is anyone you spent time with while you were infectious (2 days before your symptoms started or, if no symptoms, 2 days before your positive test date) and anyone you had contact with during your isolation.

**You should send this letter to:**

- Family, friends or partners you have had close contact with like those you live with, share a room with or have spent time with closely without wearing a mask.
- People who you shared personal items with (such as food or drink, personal hygiene items, cigarettes, vapes, lipstick, forks or spoons).
- People who attended a social gathering or event with you where you were not wearing a mask.
- Workplaces where you had close contact when you were not wearing a mask.
- Personal services providers (hair salons/waxing/tattoos) you have seen.
- People who attended activities with you (hockey practice, dance class, swim class, etc.).

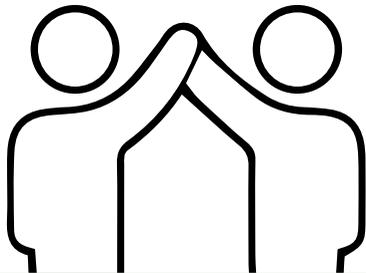
If you were in close contact with someone and you were both wearing masks, you do not need to notify them that you have COVID-19.

**If you are a health care worker at a Regional Health Authority, let your Occupational Health team know.**

**If you work in areas such as day cares, shelters, residential care or correctional facilities, let your employer know.**

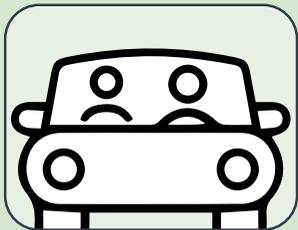
**Instructions for close contacts are on the next page.**

# Who is a close contact?

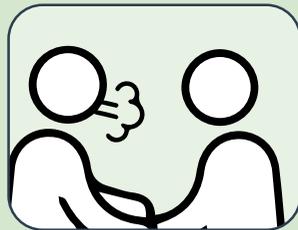


A close contact is generally someone who has been near a person with COVID-19 for at least 15 minutes when public health measures, such as masking and physical distancing, were not in place.

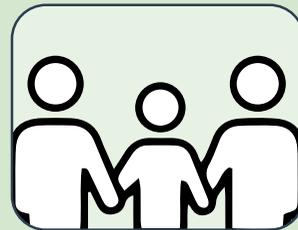
## Close contact means any of the following:



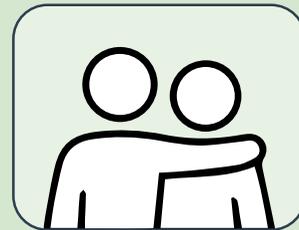
You were near the person for at least 15 minutes while indoors when you were not wearing a mask.



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).
- 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).

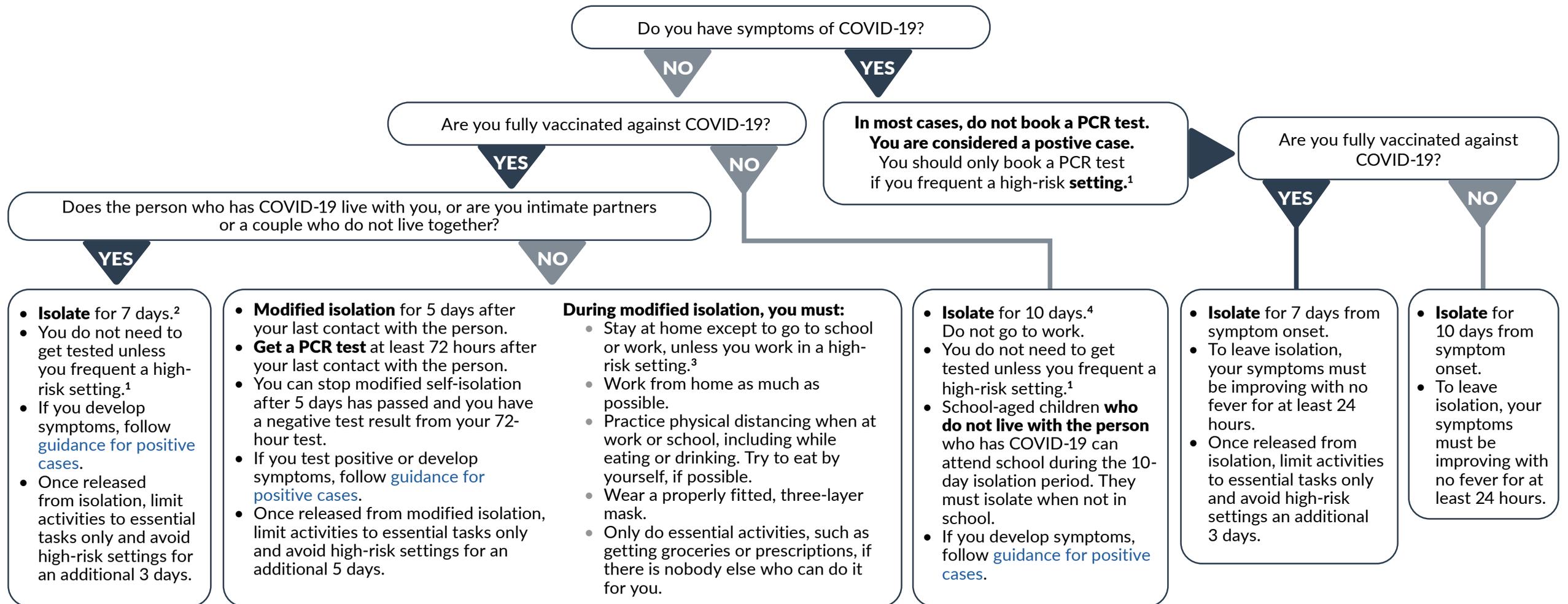
**People you attend school with are not close contacts, unless you also spend time with them outside school.**

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 or child care setting. Children and staff going to child care is considered an essential visit.

<sup>1</sup> 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 an 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. People who work in or attend a day care should follow guidance in the [Child Care Screening Questionnaire](#).

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

<sup>3</sup> 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.

<sup>4</sup> 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.