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.
- People you attend child care 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.

1. You do not need to get tested.
   - If you have symptoms, self-isolate until your symptoms have improved with no fever for at least 24 hours.
   - If you do not have symptoms, you do not need to self-isolate.

2. You are considered a positive case.
   Follow the guidance for positive cases. Complete the online Self-Assessment and Test Reporting Tool to determine if you need testing.

3. You do not need to isolate or get tested.
   For 7 days after your last contact with the person, you must:
   - Monitor for symptoms. If any symptoms develop, complete this questionnaire again for guidance.
   - Wear a mask when outside your home.
   - Avoid high-risk areas.¹

4. Isolate immediately.
   - Complete a test as soon as possible (PCR or rapid). If using rapid tests and your first test was negative, complete a second test 72 hours later (day 3).
   - You can leave self-isolation after you have your negative test result(s) AND your symptoms have improved with no fever for at least 24 hours.
   - For 7 days after your last contact with the person, you must wear a mask when outside your home and avoid high-risk areas.¹
   - If you test positive, follow guidance for positive cases.

5. Isolate for 7 days after the person in your household started having symptoms or, if no symptoms, 7 days after their COVID-19 test.²
   - Complete a test (PCR or rapid). If using PCR, complete the test at least 72 hours after you became aware of a case in your household. If using rapid tests, complete a rapid test 5 days after you became aware of the case and if your first test was negative, complete a second rapid test 48 hours later (day 7).
   - You can leave self-isolation after 7 days has passed and you have your negative test result(s).
   - If you test positive or develop symptoms, follow guidance for positive cases.

6. Modified isolation for 5 days after the person in your household started having symptoms or, if no symptoms, 5 days after their COVID-19 test.²
   - Complete a test (PCR or rapid) at least 72 hours after you became aware of a case in your household. If using rapid tests and your first test was negative, complete a second rapid test 48 hours later (day 5).
   - You can stop modified self-isolation after 5 days has passed and you have your negative test result(s).
   - Once released from isolation, wear a mask outside your household and avoid high-risk areas¹ for an additional 2 days.
   - If you test positive or develop symptoms, follow guidance for positive cases.

During modified isolation, you must:
- Stay at home except to go to school, child care or work.
- Work from home as much as possible.
- Practice physical distancing when at work, child care or school, including while eating or drinking. Try to eat by yourself, if possible.
- Wear a properly fitted, three-layer mask.
- Only do essential activities, such as getting groceries or prescriptions, if there is nobody else who can do it for you.

¹ High-risk areas include non-essential visits to hospitals, long-term care homes, large crowded settings, and social gatherings. Workers in these settings can go to work.
² If there are multiple cases in your household, your isolation and testing instructions as a close contact start over again based on the most recent date a household member tested positive/started having symptoms.