



Close Contacts

What is a close contact?

A close contact is someone who had a prolonged (15 minutes or more) exposure in close proximity (within 2 metres) to a person diagnosed with COVID-19 or has symptoms associated with COVID-19.

Close contacts **MUST** be assessed starting **48 hours before** a COVID-19 test (RAT or PCR) was taken or COVID-19 symptoms presented.

Symptoms of COVID-19 include:

At least one of the following:

- Fever and/or chills; OR
- Cough; OR
- Shortness of breath; OR
- Decrease or loss of taste or smell; OR

Two or more of:

- runny nose/nasal congestion
- headache
- extreme fatigue
- sore throat
- muscle aches/joint pain
- gastrointestinal symptoms (i.e. vomiting or diarrhea)

If symptoms do not include any of the above, the individual is less likely to have COVID-19 infection and is advised to self-isolate until symptoms are improving for at least 24 hours (or 48 hours if gastrointestinal symptoms).

Infectious Period:

- 48 hours before the person began having symptoms until 10 days after their symptoms started
OR

48 hours before the test day for someone who did not have symptoms at the time of testing. **Type of interaction:**

- You live or provide care in the same home with a person diagnosed with COVID-19.
- You were within 2 metres in the same room, workspace, or area for a prolonged period of time while the person was infectious.
- You had multiple close encounters less than 2 meters away over a 24-hour time period with the person.
- You had close physical contact with the person, such as a hug or a handshake.

For additional examples, please see Toronto Public Health's [Who is a Close Contact](#) and [Who is a Close Contact at Work](#)

How will I know if I am a close contact?

Individuals who have tested positive for COVID-19 or who are symptomatic and awaiting testing are asked to notify their household members and close contacts.

What will I need to do as a household member or close contact of someone who has tested positive for COVID-19?

Please see [COVID-19 Case and Contact Guidance](#)

Reduce your risk...GET VACCINATED!