



Close Contacts

What is a close contact?

A close contact is someone who had a prolonged exposure in close proximity (within 2 metres) to a person diagnosed with COVID-19.

Contact with a person who is infected with the COVID-19 virus during their **infectious period** and **type of interaction** with them, increases your risk of being a close contact.

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 until 10 days after they were tested.

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.

How will I know if I am a close contact?

Once Peterborough Public Health (PPH) has been notified of a positive COVID-19 result, an interview will be completed with the person that tested positive to determine the places they went while infectious, such as work or other public places and who their close contacts are. PPH will follow-up with all close contacts that have been identified to provide instruction.

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

Close contacts who are fully vaccinated (it has been at least 14 days since receiving a second COVID-19 vaccination) will be asked to:

- Monitor for symptoms for 10 days from the last day they had contact with the person who tested positive for COVID-19. Public Health will advise on what to do if symptoms develop.
- Get tested, Public Health will advise when this should be done.

Fully vaccinated people may be required to isolate if they are immunocompromised or live in a long-term care facility.

Close contacts who are partially vaccinated (have received one dose of COVID-19 vaccine) or unvaccinated will be asked to:

- Self-isolate immediately for 10 days from the last day they had contact with the person who tested positive for COVID-19.
- Get tested, PPH will advise when this should be done.
- Monitor for symptoms, PPH will advise on what to do if symptoms develop during the 10-day isolation period.

What if I was exposed and have not been contacted by PPH?

If you have not been contacted but you are concerned that you have been exposed to COVID-19, self-isolate immediately and call 705-743-1000 to speak with a public health nurse who can help assess your risk as a potential close contact. If you are experiencing any symptoms of COVID-19, regardless of your contact history, you should self-isolate and get tested. You can refer to the Peterborough Public Health website at peterboroughpublichealth.ca for local testing options.

Reduce your risk...GET VACCINATED!