

COVID-19 Case and High-Risk Contact Letter

Wellington-Dufferin-Guelph (WDG) Public Health is working to manage COVID-19 cases and contacts. This letter includes instructions for individuals who have tested positive for COVID-19 or have been identified as a high-risk contact after being exposed to someone who tested positive for COVID-19.

Please read the section below that applies to you or your child:

If you have tested positive for COVID-19

1. Self-isolate for 10 days, which is until the end of the day on **[DATE]**. Self-isolation means you **MUST NOT** leave the house for any reason, including attending work*, school, or childcare. Refer to the “How to self-isolate” section at ontario.ca/page/covid-19-stop-spread for more information.
*Exception applies to essential workers. Refer to the section below regarding workplace isolation for essential workers.
2. Share this letter with anyone you had close, prolonged contact with in the 48 hours before your symptoms began or 48 hours before you tested positive for COVID-19 (if you were not symptomatic). Your high-risk contacts need to self-isolate for 10 days after their last contact with you, regardless of their vaccination status.

If you have been identified as a high-risk contact of someone who tested positive for COVID-19

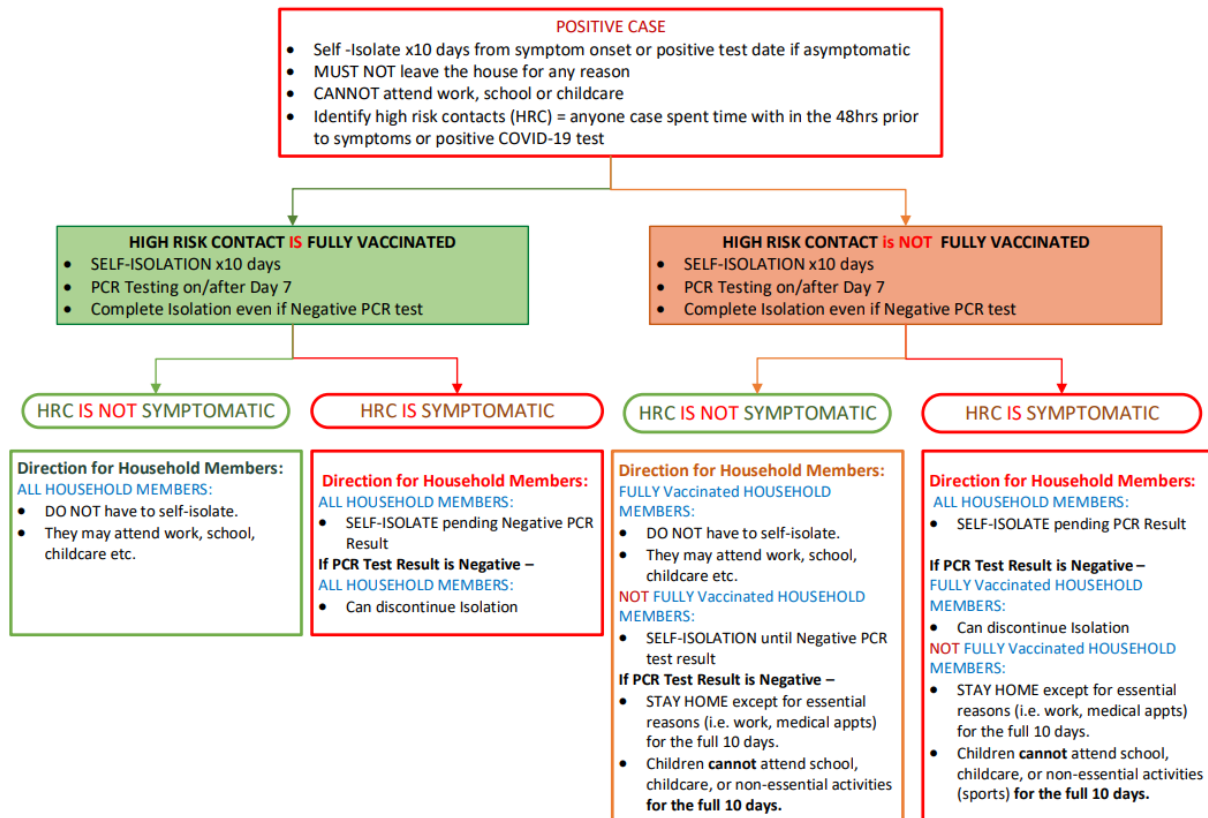
If you are a high-risk contact, you are required to self-isolate for 10 days from your last contact with the positive case, regardless of your COVID-19 vaccination status or if you have been infected with COVID-19 before*.

You are required to get a PCR test on or after day 7 of your isolation period.

*Important: Failure to receive a negative PCR test on or after day seven may result in the isolation period being extended by an additional 10 days.

*Exception applies to essential workers. Refer to the section below regarding workplace isolation for essential workers.

If you are a household member of a high-risk contact*



Guidance for Positive Cases, HRC, and Household Members – Dec 16, 2021

*Exception applies to essential workers. Refer to the section below regarding workplace isolation for essential workers.

If you are an essential worker that is either a positive case or a high-risk contact

Who qualifies as an essential worker?

- Healthcare worker
- Emergency response worker
- Essential non-healthcare workers
 - These are workers who are essential to maintain critical infrastructure and continue critical services and functions. You may qualify in this category if you are NOT symptomatic, you are fully vaccinated and if supported by your workplace's Occupational Health & Safety.

For more information on essential services visit [Guidance on Essential Services and Functions in Canada During the COVID-19 Pandemic: \[publicsafety.gc.ca/cnt/ntnl-scr/crtcl-nfrstrctr/esf-sfe-en.aspx\]\(https://publicsafety.gc.ca/cnt/ntnl-scr/crtcl-nfrstrctr/esf-sfe-en.aspx\)](https://publicsafety.gc.ca/cnt/ntnl-scr/crtcl-nfrstrctr/esf-sfe-en.aspx)

What is workplace self-isolation?

If you are NOT symptomatic, you are fully vaccinated and are an essential worker as described above, you may be eligible for “work self-isolation”. Work self-isolation means you must:

- Self-isolate at home and only leave for essential work.
- Complete rapid testing where it is available.
- Follow universal masking/PPE requirements and physical distancing (two meters from others) except when providing direct care when at work.
- Take breaks alone and perform hand hygiene regularly when at work.

If you are healthcare worker on work self-isolation you should work at only one location if possible.

Connect with your workplace’s Occupational Health & Safety to determine if work self-isolation is possible for you.

Instructions for getting tested

- **Symptomatic high-risk contacts** should complete a PCR test (not a rapid test) as soon as possible.
- **High-risk contacts without symptoms** should complete a PCR test (not a rapid test) on day seven or later of their isolation period.

Please visit covid-19.ontario.ca/covid-19-test-and-testing-location-information for a list of testing locations near you. Please note, you will need to book an appointment to get tested. You do **not** need an Ontario health card to get tested for COVID-19 at an assessment centre.

When going to get tested, drive yourself there if possible. If you must be a passenger in a vehicle, wear a face covering and sit in the back seat with the windows down. If possible, do not use public transportation or ride share services.

Visit wdgpublichealth.ca/test-results to access your results.

Mental Health Support

The uncertainty surrounding your experience with COVID-19 plus being separated from others while you recover at home in isolation can be stressful. Emotional reactions may include:

- Fear and worry about your own health and the health of your loved ones
- Stress from regularly monitoring yourself for symptoms or being monitored by others

- Sadness because friends or loved ones have fears of getting the virus from you
- Frustration with having to take time off work and possibly losing out on income
- Guilt about not being able to perform usual caregiving duties while you recover

If you notice that your symptoms of stress and anxiety are causing you significant distress or are interfering with your ability to function normally, please reach out for local support:

City of Guelph and Wellington County

Here 24/7 Addiction, Mental Health and Crisis Services
1-888-437-3247

Dufferin County

24.7 Crisis Support
1-888-811-2222