

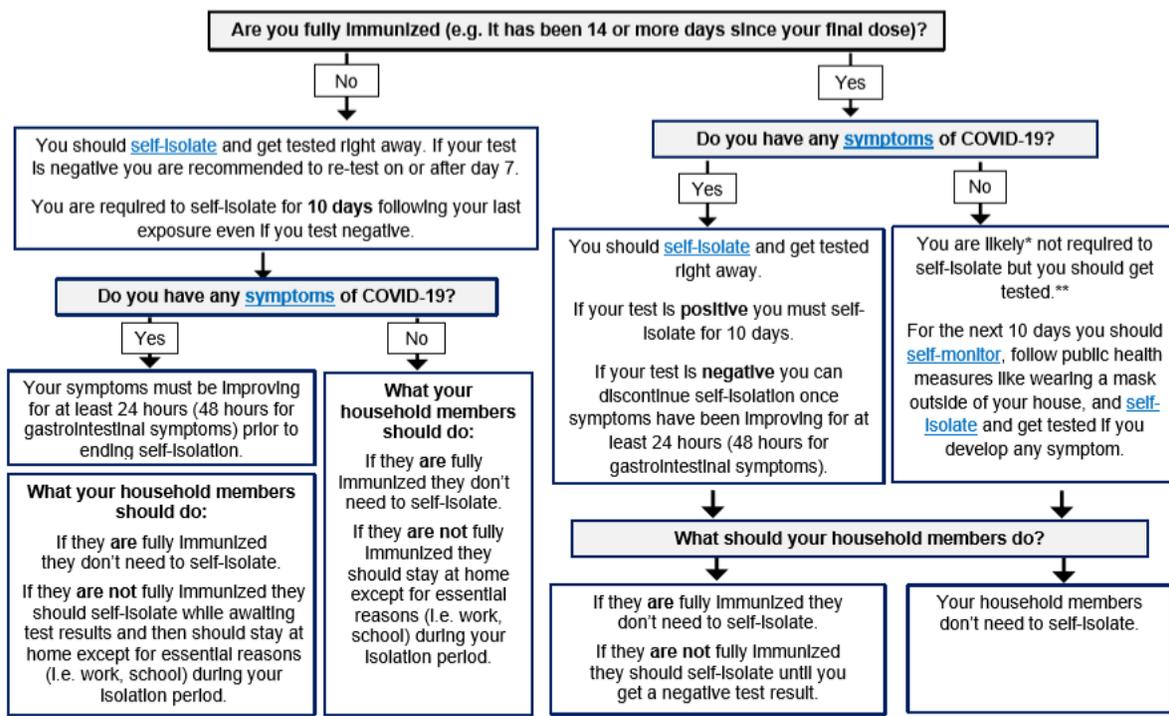
Date: August 31st, 2021

Wellington-Dufferin-Guelph (WDG) Public Health is working to manage COVID-19 cases and contacts. You have been identified as a close contact of someone diagnosed with COVID-19.

As a high-risk contact, you are required to self-isolate and monitor yourself for any COVID-19 symptoms for 10 days after your last contact with the person who tested positive for COVID-19. Please isolate until end of day on **September 1st, 2021**. The exception to this is if you are fully immunized or have had COVID-19 in the past 90 days. Please refer to the flowchart below, for next steps.



You've been exposed to someone who has tested positive for COVID-19, now what?



*COVID-19 Provincial Testing Guidance will be followed when considering timeline for testing depending on discrete or on-going exposures. COVID-19 Provincial Testing Guidance can be found [here](#).

**If you are fully vaccinated and not symptomatic, you are not required to self-isolate unless you develop symptoms (Refer to flowchart).

** If you are **not symptomatic** and **are fully vaccinated** or have previously tested positive for COVID-19 (in the last 90 days), you are recommended to go for testing 7 days after the exposure. If you are tested before day 7 we recommend testing again on or after day 7. However, you are not required to isolate while awaiting test results. If you develop symptoms, you should be tested immediately and self-isolate while waiting for test results.

Getting Tested

You do not need an Ontario Health Card to get tested for COVID-19 at an assessment centre. Please visit our [website for a list of assessment centres in the WDG Region](https://www.wdgpublichealth.ca/your-health/covid-19-information-public/testing-and-assessment-centres-wdg) (<https://www.wdgpublichealth.ca/your-health/covid-19-information-public/testing-and-assessment-centres-wdg>). Please note, you will need to book an appointment to get tested.

If you have a green health card, the test results will be available online. Visit the [Ontario COVID-19 website to access your results](https://covid19results.ehealthontario.ca:4443/agree) (<https://covid19results.ehealthontario.ca:4443/agree>)

When going to an assessment centre, 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. Do not use public transportation or ride share services.

- If your test results are negative (**and you are not fully vaccinated**), you must continue to complete the 10-day isolation period from the date of last contact with positive case (e.g., do not return to school/work).
- If your test results are negative (**and you are fully vaccinated**), you do not need to isolate unless you have symptoms. Refer to above flowchart for more information.
- If your you test result is positive, you should continue to self-isolate and WDG Public Health will contact you with further instructions.

Please visit our website for more information on how to [self-isolate](#) and how to [self-monitor](#).

COVID-19 symptoms:

- Fever
- New or worsening cough
- Difficulty breathing
- Sore throat
- Loss of taste or smell
- Headaches
- Runny nose or nasal congestion
- Muscle aches
- Tiredness
- Vomiting, diarrhea, abdominal pain
- Pink eye
- Decrease or lack of appetite

If you are instructed to self-isolate here are some tips to reduce the risk of potential COVID-19 exposure to other people:

Stay home

- Do not return to work
- Do not go outside, unless on to a private balcony or private enclosed yard where you can avoid contact with others

- Do not use public transportation such as buses, taxis or ride-shares
- Shop online or have a family member or friend pick up supplies for you

Avoid contact with others

- Only essential visitors, such as care providers
- Avoid close contact with anyone who has higher risk for serious illness
 - Examples: medical conditions; compromised immune system; or older adults
- Limit your interactions with household members as much as possible
 - Isolate in a separate room and use a separate washroom if you can
 - Disinfect shared common spaces after each use, such as the kitchen
- Make sure that shared rooms have good airflow (open windows for periods of time)

Keep a Distance

- Keep a distance of at least 2 metres (6 feet) and wear a face covering when in a room with other people, including your household members
- If you cannot wear a face covering, the other people around you should wear a face covering when in the same room with you

Wash your Hands

- Wash your hands frequently with soap and water
- Dry your hands with a paper towel to put in the garbage after use or dry your hands with your own cloth towel that no one else in your household shares
- Use an alcohol-based hand sanitizer if soap and water are not available

Cover your Coughs and Sneezes

- Cover your mouth and nose with a tissue when you cough and sneeze
- Cough or sneeze into your upper sleeve or elbow, not your hand
- Line your wastebaskets with a plastic bag to make waste disposal easier and safer
- Throw used tissues in those lined wastebaskets and wash your hands afterwards
- Wash your hands after emptying wastebaskets and lining with new plastic bag

Wear a Face Covering Over Your Nose and Mouth

- Wear a face covering if you must leave your house to see a health care provider
- Wear a face covering when you cannot maintain physical distance of 2 metres (6 feet)

Government Benefit Information

The Government of Canada has introduced three new financial benefits: the Canada Recovery Benefit, the Canada Recovery Sickness Benefit, and the Canada Recovery Caregiving Benefit. If you require financial support during your isolation period refer to this [website](#) for more information.

When to seek medical attention

If you develop symptoms or your symptoms are worsening, and you are concerned, contact Telehealth Ontario at 1-866-797-0000 or your healthcare provider.

If you need urgent medical attention, contact 911. **Please inform healthcare workers or 911 that you have been in close contact with a positive case** and wear a face covering, if possible, to limit exposure to medical professionals attending to you.

If you have any general questions or concerns, please consult with WDG Public Health website: <https://www.wdgpUBLICHEALTH.ca/>

If you develop symptoms, you can reach WDG Public Health at: **1-800-265-7293 ext. 4000.**

Vaccination

Vaccines are available for those born in 2009 and older. WDGPH is offering walk-in COVID-19 vaccine clinics at various sites in the Wellington, Dufferin and Guelph areas. **You can not attend a vaccine clinic if you are currently self-isolating.**

If you would like to book an appointment:

To book an appointment call 1-800-265-7293 ext. 4000. This extension will ask you to leave a voicemail with your name, number, and reason for calling. We will then return your call as soon as possible.

If you would like to walk-in to one of the WDGPH COVID-19 vaccine clinics:

Please visit our website to find a list of [clinic locations](#).

If getting to a vaccine clinic is challenging for you:

If you have concerns about getting to one of our clinic locations please call us and we will do our best to accommodate your situation.