

COVID-19

Self-assessment risk tool: Are you low or high risk?

This self-assessment tool is for those who may have had close contact with a someone who tested positive for COVID-19. This tool will help you determine your risk of exposure (low or high) to COVID-19 and what actions to take.

You are a someone who may have interacted with a person with COVID-19

START HERE

You wore a well-fitted mask/face covering AND eye protection (e.g., face shield, goggles, safety glasses-where applicable) consistently and appropriately for the duration of your interaction

YES

You had a LOW-RISK exposure. You do NOT need to read the case and high-risk contact letter provided. Continue to self-monitor for COVID-19

NO

You wore a well-fitted mask/face covering consistently and appropriately while maintaining a physical distance of at least two metres (6 FT) for the duration of your interaction

YES

You had a LOW-RISK exposure. You do NOT need to read the case and high-risk contact letter provided. Continue to self-monitor for COVID-19

NO

Interactions less than 2m (6 FT) were less than 15 minutes cumulatively with appropriate use of PPE*

YES

You had a LOW-RISK exposure. You do NOT need to read the case and high-risk contact letter provided. Continue to self-monitor for COVID-19

NO

You had a HIGH-RISK exposure. Follow self-isolation, self monitoring and testing instructions on the COVID Case and High-Risk Contact (HRC) Letter on our website. Inform your workplace of your isolation period. If you are an essential worker, talk to your employer to see if workplace self-isolation is an option for you.

* Consistent and appropriate use of personal protective equipment (PPE) includes use of a medical mask that always covers the mouth and nose. Eye protection (e.g., face shield, goggles or safety glasses) is required when within 2 meters of an unmasked person with COVID-19. Regular eyeglasses do not serve as appropriate eye protection.