**Date:**

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.

You are required to self-monitor for any COVID-19 symptoms for 10 days after your last contact with the person who tested positive for COVID-19.Please monitor until end of day on **[DATE]**

## If you have symptoms:

If you are showing symptoms of COVID-19, we recommend that you book an appointment for COVID-19 testing at an assessment centre as soon as possible and call 519-822-2715 ext 4000 to notify a case manager of symptoms. If you do not reside in Wellington-Dufferin-Guelph (WDG), contact your local Public Health Unit. Refer to the “*Getting Tested*” section below.

If you are symptomatic and awaiting test results you must **self-isolate** while test results are pending. Please notify everyone in your household **who is not fully vaccinated** to [self-isolate](https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en) as well until you get a test result. If the result is negative, you and your household members can discontinue isolation.

## If you do not have symptoms:

If you do not have symptoms, the time of your test may vary - we recommend that you book an appointment for COVID-19 testing at an assessment centre based on the discussion with your case manager.

Please visit our website for more information on how to [self-isolate](https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=en) and how to [self-monitor](https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-self-monitor.pdf).

COVID-19 is a viral illness that can cause symptoms like a cold or flu including:

* 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

## 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) 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)

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, you can continue to self-monitor
* If your test result is positive, continue to self-isolate and WDG Public Health will contact you with further instructions.

## 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.**