

Date: April 10, 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.

You are required to self-isolate and monitor yourself for any COVID-19 symptoms for 14 days after your **last contact** with the person who tested positive for COVID-19.

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 ex 4000 to notify a case manager of symptoms. Refer to the “*Getting Tested*” section below.

If you do not have symptoms:

If you do not have symptoms, we recommend that you book an appointment for COVID-19 testing at an assessment centre right away. If that test comes back negative, please go for another test between day 10 and 14 of your isolation. As always if you develop any symptoms please go for a test right away.

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

To reduce the risk of potential COVID-19 exposure to other people, please follow the suggested guidelines:

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)

How long do I need to self-isolate?

Please note, self-isolation is required for 14 days after the day on which you last had close contact with a person diagnosed with COVID-19, **even if you were tested and receive a negative result.**

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) (<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, you must continue to complete the 14-day isolation period from the date of last contact with positive case (e.g., do not return to work)
- If your test result is positive, continue to self-isolate and WDG Public Health will contact you with further instructions.

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.**