



## Durham Region Health Department **Facts about...**



# **COVID-19 Close Contact**

You have been identified as a close contact of someone who has tested positive for COVID-19. This means that someone known to you has tested positive for COVID-19. You are required to take the following steps to stop the spread of COVID-19:

- Stay home and self-isolate for 14 days after your last contact with the person who tested positive for COVID-19. Seek testing 5-7 days from your last exposure to the case.
- Monitor yourself for symptoms of COVID-19. If you develop symptoms you should arrange for testing if you have not already been tested.
- Only leave the house to get tested or to seek medical attention.
- If you do get tested, you must still self-isolate while you wait for your results. **Even if your test result is negative you must continue to self-isolate for the full 14 days.**
- To arrange testing at one of the Durham Region COVID-19 Assessment clinics complete the online assessment form at [lakeridgehealth.on.ca](https://lakeridgehealth.on.ca).

## **COVID-19 Class Order**

On April 7, 2020, the Medical Officer of Health for Durham Region issued a class order to address the risks presented by the potential spread of COVID-19 to residents of Durham Region. This order requires that anyone diagnosed with COVID-19, or who is awaiting test results for COVID-19, or who is a close-contact of a person with COVID-19, must self-isolate. Individuals who are required to self-isolate and who do not do so can be charged and fined.

## **What is a close contact?**

A close contact is someone who:

- lives in the same household or provides care to you,
- was within 2 meters (6 feet) of you for more than 15 minutes,
- had close physical contact with you, such as shaking hands, or hugging,
- may have been in contact with a person's saliva or other body fluids (e.g. nose or throat secretions),
- has been identified by the health department as a close contact.

905-668-2020 or 1-800-841-2729 | [durham.ca/health](https://durham.ca/health)

If you require this information in an accessible format, contact 1-800-841-2729.



## How to self-isolate:

- Stay home.
- Stay in a separate room away from other people in your home as much as possible.
- If you must be in a room with other people, keep a distance of at least two metres (6 feet) from others.
- If you cannot maintain a 2 metre (6 feet) distance from others, wear a mask over your nose and mouth and advise those around you to wear a mask as well.
- If possible, use a separate bathroom.
- Wash your hands.
- Cover your coughs and sneezes.
- For more detailed information on self-isolation see [Facts About Self-Isolation](#).

## What are the signs and Symptoms of COVID-19?

Common COVID-19 symptoms include fever (temperature of 37.8 degrees Celsius or greater), new or worsening cough and shortness of breath. Other symptoms of COVID-19 can include sore throat, difficulty swallowing, changes to sense of taste and/or smell, nausea/vomiting, diarrhea, abdominal pain and runny nose, or nasal congestion (not caused by seasonal allergies).

Atypical symptoms of COVID-19 should be considered, particularly in children, older persons, and people living with a developmental disability. Atypical symptoms can include unexplained fatigue, body aches, delirium, unexplained or increased number of falls, acute functional decline, exacerbation of chronic conditions, chills, headaches, croup, conjunctivitis, and multisystem inflammatory vasculitis in children.

Symptoms of multisystem inflammatory vasculitis in children may include persistent fever, abdominal pain, conjunctivitis, nausea, vomiting, diarrhea and rash.

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