

What to do if you've been exposed to COVID-19

If you think you've been exposed to someone who has tested positive for COVID-19 (because a confirmed case has gotten in touch with you or you've been notified by your [COVID Alert app](#)), follow these steps to take care of yourself and protect others.

Step 1: Get tested

Go to an [assessment centre](#) and get tested for COVID-19.

Find an assessment centre

The Ministry of Health recommends that **all household contacts and other close contacts** get tested **immediately** AND on or after Day 7 from last exposure – a week after you interacted with the confirmed case or suspected case – regardless of vaccination status or symptoms.

Step 2: Determine if you need to self-isolate

Required to self-isolate

All household members of positive COVID-19 cases, regardless of vaccination status, symptoms, or whether you have been previously positive in the last 90 days, beginning immediately, need to self-isolate from other people and continue to self-isolate for 10 days from your last exposure to the positive case.

Self-isolation, sometimes also called quarantine, is when you do not leave your home for 10 days, starting from the day you were **last** exposed or came into contact with COVID-19. While you self-isolate, you cannot leave your home for any reason such as to go to work, school, shopping, exercise, etc., unless you are going to get tested for COVID-19 or have an emergency. You also cannot have people visit you at home, unless it is essential (e.g., a care provider).

If you have been notified that you have been exposed and:

- You have COVID-19 symptoms, or
- You are not [fully vaccinated](#), or
- You are immunocompromised:

Stay home and [self-isolate](#) for 10 days from your last exposure to the positive case.

Not required to self-isolate

If you have been notified that have been exposed and:

- Are not a household contact; and
- You are fully vaccinated, and
- You do not have any COVID-19 symptoms, and
- You are not immunocompromised:

[Self-monitor](#) for COVID-19 like symptoms daily for 10 days from the date on which you were exposed. Self-monitor means checking for symptoms including fever, cough, and difficulty breathing for at least 10 days after the date of exposure.

Avoid non-essential visits to settings with vulnerable populations or where there is a large number of unvaccinated people (for example: volunteering or visiting a long-term care home, shelter, school or child care setting).

Individuals advised to self-monitor are encouraged to report their exposure to their employer and follow any restrictions from work, as specified by their manager and/or Occupational Health department.

Step 3: If you test positive, self-isolate immediately and inform your close contacts of their exposure

If your COVID-19 test is positive – self-isolate immediately. If you test positive, you will get a call or text message from a public health official who will tell you how long you must stay home and self-isolate.

If you test positive, please follow-up with your household and close contacts and provide them with this information, so that they can protect themselves and their communities. A **close contact** is somebody with whom you had a prolonged exposure (for more than a few minutes) in close proximity (within 2 metres) in the 48 hours prior to you developing symptoms or getting tested for COVID-19 (whichever came first).