

INFORMATION FOR CLOSE CONTACTS OF A COVID-19 CASE



STAY HOME IF YOU ARE:

- feeling unwell or are immunocompromised.
- have been in close contact with someone confirmed with COVID-19 in the last 14 days whether you have symptoms or not.



WHAT IS CONSIDERED A CLOSE CONTACT?

- Someone with whom you have had contact at a close distance, within 2 metres for a total of 15 minutes or more, and without protective equipment, such as a non-medical mask.
- Someone with whom you have shared eating utensils or drinking cups. Anyone living in the same home is considered a close contact.
- Someone who has had direct contact with bodily fluids of a person who has COVID-19 (e.g., was coughed or sneezed on).
- Someone who provided direct care for a person who has COVID-19, without consistent and appropriate use of PPE.
- Kissing or hugging someone would also make you a close contact, regardless of the duration. Other activities, including singing, can also make someone more likely to be considered a close contact.
- At school - When a student or staff member tests positive for COVID-19, public health will assess and notify anyone who is a close contact who must isolate at home for 14 days.
- For sports that involve close, sustained or intermittent and repeated contact, all members of the teams playing each other are considered close contacts when there is a case on a team. As of **November 27, 2020** – no team sports are allowed only groups of 8 under 18 year olds for skills enhancement.

ANYONE WHO FALLS INTO ANY OF THE ABOVE CATEGORIES IS CONSIDERED A CLOSE CONTACT OF A CONFIRMED CASE OF COVID-19.

WHAT IS CONSIDERED A NON-CLOSE CONTACT?

- is someone you have been around, and possibly had prolonged contact with, but you were not within two metres of each other. So you were not close enough to get any respiratory drops directly on you.
- have had brief interactions, such as walking by someone, or briefly being in the same room while maintaining physical distancing, are not considered a contact.

Should I get tested if I am a close contact?

YES, since you have been told that you're a close contact, Public Health recommends that you are tested for COVID-19. Complete the COVID-19 Self-Assessment at <https://public.ehealthsask.ca/sites/COVID-19/>. While you are waiting for your test results you are required to self-isolate.

Do I still have to isolate for 14 days if my test comes back negative?

YES. On the day you were tested, there may not have been enough virus in your body, for the test to pick up. Isolating for a full 14 days ensures that there is no virus in your system and therefore you won't continue to spread it.

If an individual has COVID-19, whether they have symptoms or not, it will likely spread to the other person due to fluid shared by coughs or sneezes. This is why wearing a non-medical mask and maintaining a two-metre distance is so important, especially when one person has symptoms. Those measures, along with frequently washing your hands and not touching your face with possibly contaminated hands, can protect you from getting COVID-19.

