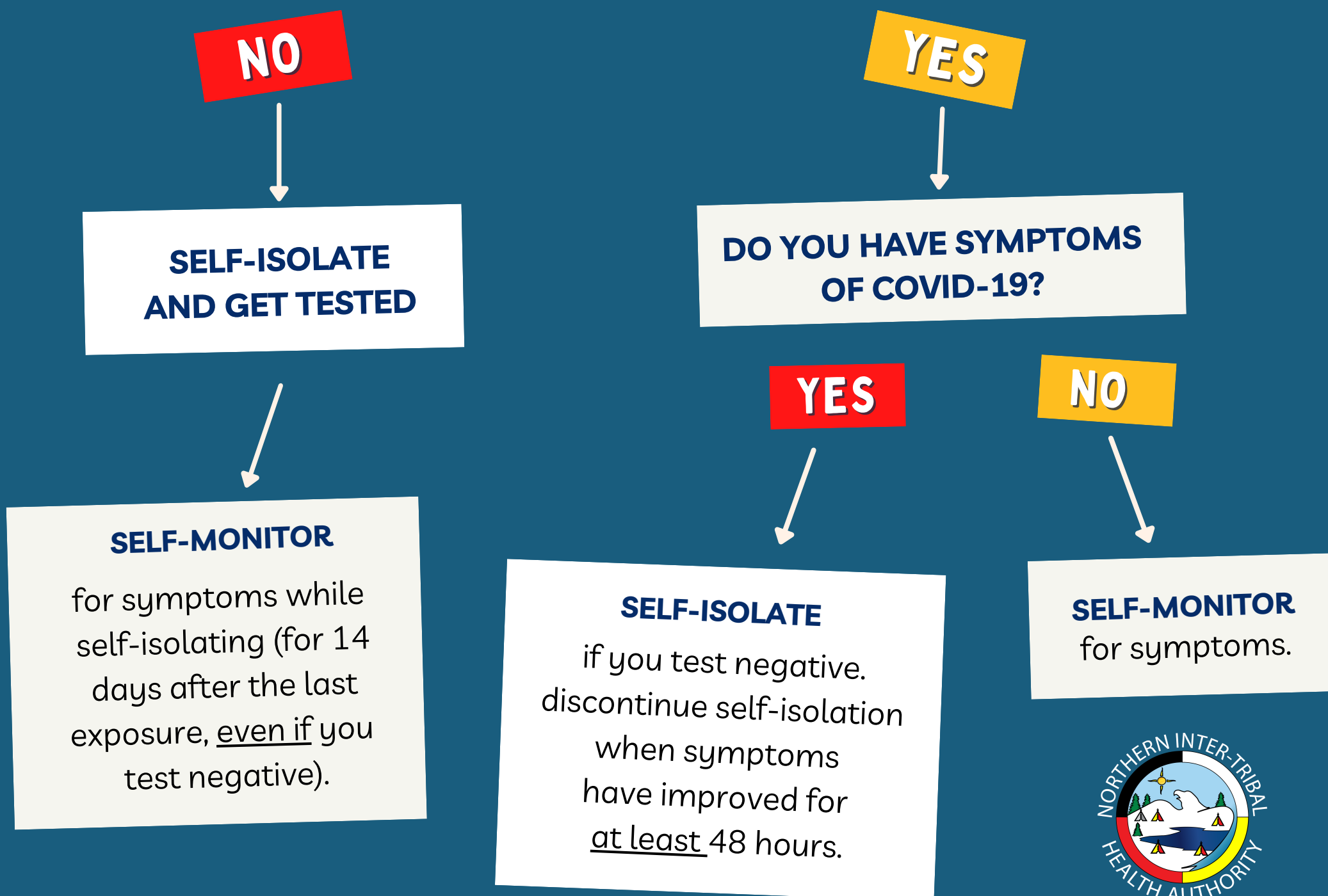


# I AM A CLOSE CONTACT TO COVID-19

## What should I do?

Were you fully immunized at the time of exposure?  
(14 days or more since the last dose)



**Self-isolation** means staying home and avoiding situations where there is a potential to spread the infection to others, such as work, school, social or cultural gatherings, and public places.

**Self-monitor** means paying attention to your health so you can identify signs of sickness. It means that you pay attention to new symptoms and temperature.

\*If you are fully vaccinated, you may not be considered a close contact. Close contacts include:

- Anyone who is not fully vaccinated and lives with a positive case, has direct physical contact with a positive case, or is exposed to their infectious body fluids. This will include the positive case's caregiver, intimate partner, child receiving care from the case, etc.
- Anyone who is not fully vaccinated and has shared an indoor space with a case for a prolonged period of time (e.g., social gatherings, workplaces, etc.), without adhering to appropriate individual-level and any setting-specific risk mitigation measures.
- Anyone who is not fully vaccinated and has had a close-range conversation with a positive case or has been in settings where a case engaged in singing, shouting, or heavy breathing (e.g., exercise), without adhering to appropriate individual-level and any setting-specific risk mitigation measures.

**Individuals who are non-close contacts do not require isolation; they will be advised to self-monitor.**

#### INFORMATION SOURCES

- <http://www.saskatchewan.ca/COVID19>
- <http://www.nitha.com/awareness-resources/>