

# Testing and Isolation requirements:

December, 23/ 2021

Definition of Contact:

## High risk:

- Anyone who lives in your household is automatically considered a high risk contact (no matter your protection status)
- Exposure in interior of small place without a mask (ex. car, cubicle, party with no masks in a basement)

## Moderate risk:

- Contact more than 10 minutes within 2 meters with no masks or only 1 mask during exposure

## Low risk:

- Contact more than 10 minutes within 2 meters with adequate quality mask (medical grade mask) during exposure

## I have received a positive result using a rapid test or PCR test. What do I do?

- You must isolate for ten (10) days
- All household members must also isolate for ten (10) days away from the positive person. If you can't isolate away from positive person, household members must isolate for 14 days
- You must advise your contacts that you are positive. High risk and moderate risk contacts should isolate for ten (10) days, away from positive person or for 14 days if in continuous contact with positive person.
- After receiving a positive result and isolating for 10 days, no further testing is required to lift isolation. A recovered positive case should not be tested for at least 3 months after infection as results are not reliable and will often show a continued positive result even if person is no longer contagious

## I have been told that I have been in contact with a positive case. What should I do?

- You should evaluate the risk level of the contact (see above for definition of contact)
- If your contact is considered high or moderate, you must isolate for 10 days, away from the positive case. If you are in continuous contact with the positive case, you must isolate for 14 days.
- If you develop symptoms over the course of your isolation, please do a PCR test. If you are unable to get an appointment for a PCR test, please do a rapid test (**do not use a rapid test if you have no symptoms because results are not reliable**)
- If you become positive for COVID-19 over the course of your isolation period, your isolation starts over, for 10 days from 48 hours prior to symptom onset or from date of positive result if no symptoms.

Our main goal at this time is to work together to protect the community, our most vulnerable, our loved ones and our essential service organizations.