



ADVICE SHEET

I am a close contact of someone with COVID-19 – now what?

November 18, 2020

This is general outline. Please follow the directions of your community health staff.

Risk Assessment

First, community health staff talk to the person who has COVID-19. Then they assess your risk level. This is based on the level of exposure you have.



Notification

If they find you are a close contact who is at risk, a nurse or health care worker will get in touch with you.



Assessment

They will check to see if you are well. They will work with you to assess your level of exposure to COVID-19. With your help, they will assess the risk to others in your household.



Directions

If you need to get tested, they will tell you when and where. They will tell you to self-monitor. They will tell you if you need to self-isolate. You will decide together if you can stay home or go to another site in the community.



Information

They will explain how to self-monitor and to self-isolate. They will explain what signs of illness to look for, what to do if these signs develop, and how to protect others. This is a good time for you to ask all questions you need to.



Support

They will connect you with community supports. Someone will check in with you daily to see how you are doing.