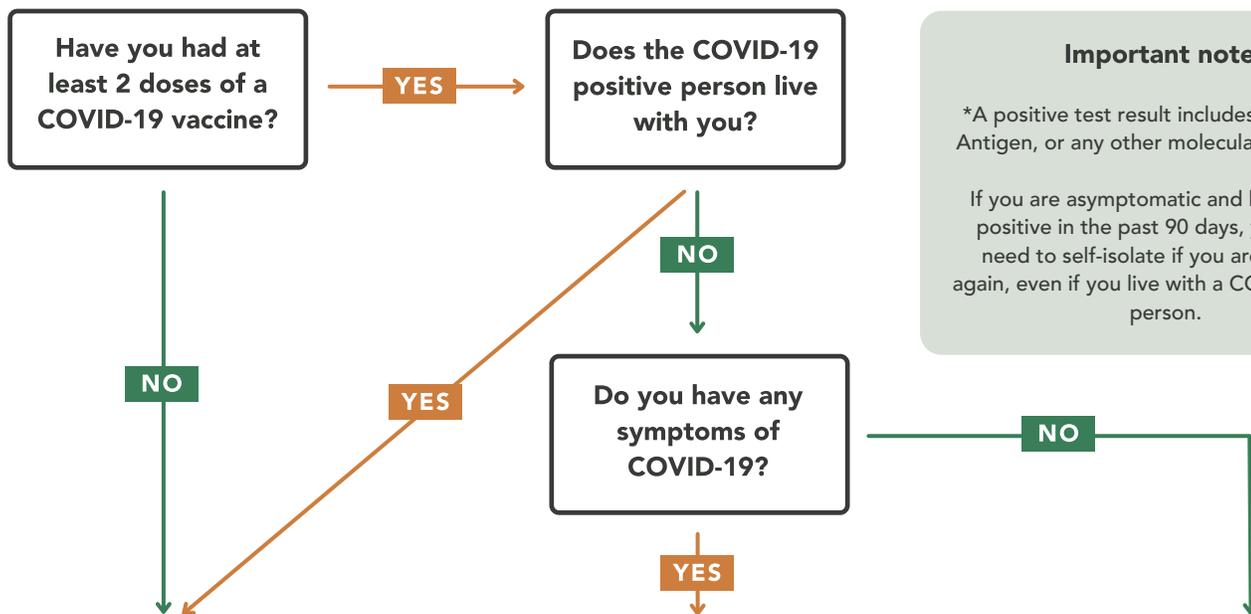


You've been **exposed** to someone who has tested positive* for COVID-19. **Now what?**



Important notes

*A positive test result includes PCR, Rapid Antigen, or any other molecular-based test.

If you are asymptomatic and have tested positive in the past 90 days, you do not need to self-isolate if you are exposed again, even if you live with a COVID-positive person.

Self-isolate immediately

- For 5 days if you are fully vaccinated or under 12, OR
- For 10 days if you are not fully vaccinated or immune compromised.
- Self-monitor for symptoms for 10 days.
- If you develop symptoms, continue to self-isolate and get tested if you are eligible.

Self-isolate immediately

- For at least 5 days following symptom-onset AND until your symptoms have been improving for at least 24 hours (48 hours for gastrointestinal symptoms).
- If you are eligible for testing, get tested and follow public health guidelines.

Self-monitor for symptoms immediately

- For 10 days.
- If you were in close contact** with a person who tests positive, discuss your situation with your program coordinator/supervisor regarding alternate study/work arrangements for 3-5 days from your last exposure.
- If leaving home, maintain masking, physical distancing, and all other public health measures.
- Avoid contact with individuals who may be at higher risk of illness for 10 days from your last exposure.
- If you develop symptoms, self-isolate immediately, get tested if eligible, and follow public health guidelines.

Returning to school/work following isolation

- Do not return to school/work unless your symptoms have resolved.
- If you were self-isolating, you are required to complete a Rapid Antigen Test the day you return (available at reception). Email your results to the Pandemic Coordinator at skylarc@7generations.org.

**Close contact is considered being in contact with a person without PPE for longer than 15 minutes either 48 hours prior to symptom-onset, or within the first 3 days following symptom-onset/a positive test result (as this is when a person is most contagious).

Learn more at <https://covid-19.ontario.ca/exposed>

