

194 Terrace Hill Street, Brantford, ON N3R 1G7 • 519-753-4937

***If you have had a high-risk exposure and are fully vaccinated, please refer to Page 4**

What You Need to Know

- You have been in contact with a COVID case.
- You need to self-isolate at home until 14 days from the last exposure to the case.
 - On the 15th day, you can come out of isolation and return to work/school/daycare, etc.
- Follow the Public Health Ontario “How to Self-Isolate” [fact sheet for instructions on self-isolation](#).

What You Need to Do

Assess if you have any symptoms. Use the symptom screener if needed: <https://covid-19.ontario.ca/self-assessment/>

If You Do Not Have Symptoms

- Complete a COVID test 7 days or more after the day you had contact with the case.
- Everyone else living in your house does not need to self-isolate but should only be leaving the house for essential reasons while you are in isolation.
 - This means they should only be leaving the house to attend an essential workplace, school, or to do an essential errand (ie grocery or medication pick-up) and that they should be applying all public health measures such as handwashing, distancing, and mask use.
- Even if your test results come back negative for COVID-19 (you do not have COVID-19), you must continue to stay in self-isolation for 14 days. Please continue to watch for any new symptoms.
 - If results come back POSITIVE, all household members must isolate and BCHU will be in contact with you within 24-48 hrs

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- If you completed testing less than 7 days from the day you had contact with the case, it is recommended that you receive another test after day 10. This will help identify any asymptomatic cases.
- If you are not having symptoms and do not get tested, you will need to continue your self-isolation for 14 days.
- If you begin having symptoms, see below

If You Have Symptoms:

- You should go for testing immediately.
- Everyone else living with you must also self-isolate until you are tested and results are available
 - If test results come back positive, stay in isolation and BCHU will follow-up within 24-48 hrs
- If your test results come back negative (you do not have COVID-19), you will have to continue to stay in self-isolation for 14 days.
 - Everyone else living in the same home can stop self-isolating but should only leave the house for essential reasons (essential workplace, school, essential errands such a grocery or medication pick-up).
- If you choose not to get tested, you will have to isolate for 10 days from your symptom onset (and 14 days from the exposure to the case – whichever is longer)
 - In this situation, your household members will need to isolate the entire time you are isolating plus 14 days from last contact with you. If you are not isolating away from household members, they will have to isolate the entire time you are isolating plus 14 days from your 10th day
- Please continue to watch for any new or worsening symptoms. If a new fever or symptoms start within these 14 days, you should be re-tested.

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COVID-19 Testing

The Brant Community Healthcare System is operating a COVID-19 Assessment Centre at the Brantford Civic Centre Auditorium. Please review the Brant Community Healthcare System website for information on booking an appointment: <https://www.bchsys.org/en/covid-19.aspx>

Clearance From Isolation

To be Cleared from isolation after your 14 days, you must meet the following criteria:

If You Were Asymptomatic:

- You remain asymptomatic today
- If tested, your results are back and negative

If You Were Symptomatic:

- Test results need to be back and negative
- After the negative test, you have had no new or worsening symptoms

***You can't be out of isolation if still waiting on lab results.**

If You Have Had an Exposure and are Fully Vaccinated

Definition of a fully vaccinated individual

- An individual \geq 14 days after receiving their second dose of a Two-dose COVID-19 vaccine series or their first dose of a One-dose COVID-19 vaccine series

If you are Fully Vaccinated and Do Not Have Symptoms

- You are NOT required to self-isolate
 - Household members of individuals who are fully vaccinated with high-risk exposures are not required to “stay at home except for essential reasons”
- You should still receive a COVID -19 test on day 7 from the exposure
 - If you get tested before day 7, you should be re-tested on or after day 10 from exposure
- You must report your exposure to your employer and follow any restrictions from work as specified by your manager and/or Occupational Health department
- If you develop symptoms, see section below

If you are Fully Vaccinated and Have Symptoms

- You must isolate and be tested as soon as possible
 - Household members are required to stay home except for essential reasons
- Upon receiving a negative result, you can be out of isolation once symptoms have resolved for at least 24 hrs
 - Household members are no longer required to “stay home except for essential reasons”

Please Note:

- There may be situations where public health deems it necessary for fully vaccinated individuals to isolate after a high-risk exposure (such as VOC outbreaks or congregate living settings)
 - Public health will reach out to you specifically to notify if you fall under this category

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- These changes for fully vaccinated individuals do not apply to the following groups (These groups still need to isolate after a high-risk exposure):
 - Residents in a long-term care or retirement home
 - Patients admitted to health-care settings
 - Individuals with immunocompromising conditions (ie organ or stem cell transplant recipients, undergoing chemotherapy or immunosuppressive therapies)