

Close Contact Identification

You have tested positive for COVID-19 and are legally required to isolate.

1. Answer the questions below to help you identify your close contacts.
2. Notify them of their exposure to COVID-19 so that they can monitor for symptoms and take action to reduce the spread of COVID-19 to others.

If you have COVID-19 symptoms, answer these questions for the time from **two days before** you became sick, until now.

If you did not have symptoms, answer these questions for the time from two days before you had your COVID-19 test, until now.

Question	Check here if 'YES'
Have you been within 2 metres of someone for a total of 15 minutes or more, for example at an appointment, school, work, class, or social gathering?	
Do you share a household with any other people?	
Have you shared drinks, personal hygiene items, cigarettes, needles, pipes, lipstick, etc. with anyone?	
Have you coughed or sneezed on anyone?	
Have you had close physical contact with someone such as hugging or kissing or had a sexual encounter with anyone?	
Have anyone provided care to you while you have been sick?	
Have you visited anyone at a healthcare facility, including a long-term care facility?	
Have you played any sport where you had close contact with anyone?	

If you answered YES to any questions, those people are your close contacts. Please notify them of their exposure to COVID-19 as soon as possible. You can call, text, or email them. You can use the chart on the next page to keep track of who you have notified if you wish.

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Let your close contacts know, for 14 days after contact, to:

- Monitor for symptoms. If they develop symptoms, they should isolate and get tested immediately.
- Avoid public places, such as stores, schools, sporting events, workplaces, if not fully immunized.
- Avoid contact with vulnerable persons, and non-essential visits to hospitals or continuing care facilities.
- Consider additional precautions such as physical distancing, wearing a mask and washing/sanitizing hands often if in contact with people who are not fully immunized.
- Check with their employer regarding any work restrictions.

More information is available at www.ahs.ca/infoforclosecontacts

Name	Contact Info (Phone, Email)	Notified?