

COVID-19 Close Contacts Identification Guide

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

Complete the following steps immediately:

1. Answer the questions below.
2. If you answer **Yes** to a question, enter the details of every person you made contact with. Be sure to include full names and phone numbers.
3. After you have answered all of the questions, go to www.ahs.ca/closecontacts, click on the **COVID-19 Close Contact Tool**, and follow instructions.

In the two days before you became sick with COVID-19 symptoms or in the two days before you had your COVID-19 test taken, until now:

1. Have you been within two metres of someone for a total of 15 minutes or more, including at an appointment, class or small gathering?
Yes___ No___
2. Have you shared drinks, personal hygiene items, cigarettes, needles, pipes, lipstick, etc. with anyone?
Yes___ No___
3. Have you had close physical contact with someone such as hugging or kissing or had a sexual encounter with anyone?
Yes___ No___
4. Have you provided direct care to someone without consistent use of appropriate personal protective equipment, including a mask.
Yes___ No___
5. Did someone come to your home as a guest or visitor?
Yes___ No___
6. Did you go to work outside of your home?
Yes___ No___
7. Have you visited anyone at a healthcare facility, including a long-term care facility?
Yes___ No___
8. Have you been in a daycare or school setting?
Yes___ No___
9. Have you attended a large social gathering with 10 or more people in attendance?
Yes___ No___
10. Have you played any sport where you had close or continuous contact with either an individual or a team?
Yes___ No___

