

University of Guelph - Guidance for people who are close contacts of COVID-19 - FAQs

Q: What is a close contact?

A: A close contact is anyone who lives with someone who has COVID-19 AND anyone who was less than 2 meters away from someone who has COVID-19 for 15 minutes or more while you could spread COVID-19.

Q: When is someone with COVID-19 contagious?

A: Someone with COVID-19 can spread the virus from 48 hours before they notice symptoms until the end of their isolation period. If someone did not feel sick, but had a positive test, they can spread the virus from 48 hours before the positive test until the end of their isolation period.

Q: What is self-isolation?

A: Self-isolation means staying home and staying apart from people you live with if possible. For people in residence, it means staying in your room and using a mask if you need to use common spaces.

Q: How do I count 5 or 10 days?

A: The day you were last around someone while they were contagious is *Day 0*. Count to *Day 5* or *Day 10*, depending on your situation, to figure out the last day of your self-isolation or symptom monitoring. 5 days of isolation or monitoring lasts 6 calendar days; 10 days of isolation or monitoring lasts 11 calendar days.

Q: What are the symptoms of COVID-19?

A: COVID-19 symptoms are:

At least 1 of:

- Fever/ chills
- Cough
- Shortness-of-breath
- Change in sense of taste or smell

OR

At least 2 of:

- Runny nose/ nasal congestion
- Headache
- Extreme tiredness
- Sore throat
- Muscle aches or joint pain
- Vomiting or diarrhea

Q: If I can't isolate apart from someone I live with who has COVID-19, when does my isolation period end?

A: If you are not able to isolate apart from someone with COVID-19, your isolation continues after their isolation period ends. In this case, the last day of their isolation period is *Day 0* of your isolation period. Follow the flowsheet to determine whether you need to isolate for 5 or 10 extra days.

Q: If I have a new COVID-19 exposure during my isolation period, does my isolation period restart?

A: Yes. If someone in your home who you haven't been isolating from starts to feel sick, your isolation period restarts. *Day 0* is the last day you were around them while they were contagious.

Q: If I start to feel sick, or have a positive test, does my isolation period restart?

A: Yes. If you start to feel sick or have a positive COVID-19 test, your isolation period restarts. Follow the 'University of Guelph - Isolation guidance for people with COVID-19 symptoms and people who have tested positive for COVID-19' to determine whether you need to isolate for 5 or 10 days. In this situation, once your isolation period is over, you can stop isolating even if other people in your home still need to self-isolate.

Q: What are "highest risk settings":

A: "Highest risk settings" include hospitals, congregate living settings (eg. Long-Term care and retirement homes). They also include settings where people who are significantly immunocompromised are cared for.

https://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/contact_mngmt/management_cases_contacts_omicron.pdf