# Close Contact – COVID-19

**I have tested positive for COVID-19.**

As my close contact, I wanted to share the following Public Health advice with you to make sure you are aware of the potential risks and what to do to prevent the spread of Covid-19.

**Public Health will NOT be contacting you.**

**You should MONITOR FOR SYMPTOMS**
This applies to both vaccinated and unvaccinated individuals.

**For the next 10 days**:

1. Monitor for new or worsening symptoms.
2. Do not visit vulnerable settings (e.g.: long-term care facility, hospital)
3. Wear a multi-layered and well-fitting mask in indoor and outdoor public places.
4. Maintain physical distancing of two metres from others.
5. Wash hands often.
6. Avoid gatherings.
7. Use contactless pickup or delivery services wherever possible.
8. Limit contacts as much as possible.

**IF A NEW OR WORSENING SYMPTOM DEVELOPS**
This applies to both vaccinated and unvaccinated individuals.

1. Isolate and complete the online form immediately at GNB.CA/GETTESTEDCOVID19. The online form will help you determine if you should take a PCR lab-based test, an at-home POCT rapid test or if no testing is recommended right now.
2. If your test is **negative**, no need to isolate. Keep monitoring for new or worsening symptoms.
   - If new or worsening symptoms appear, **repeat the test**.
3. If the test is **positive, you have Covid-19**, please follow guidance below.

**IF YOU HAVE TESTED POSITIVE ON A COVID-19 TEST**
(PCR or Rapid POCT)
This applies to both vaccinated and unvaccinated individuals.

**You must isolate at home**, and may not attend childcare, school, work or other community activities.

HOW LONG IS MY ISOLATION PERIOD?
**These are the days when you are most infectious and more likely to transmit the virus to others**.

- **If you are FULLY VACCINATED (2 doses)**, you must isolate **for 5 days after your test date**.
  - Once you have completed your isolation period, for **an additional 5 days**, you must continue to:
    - monitor for new and worsening symptoms,
    - wear a multi-layered and well-fitting mask in indoor and outdoor public places,
    - maintain physical distancing of two metres,
    - avoid gatherings,
    - do not visit vulnerable settings (e.g.: long-term care facility, hospital),
    - choose contactless pickup or delivery services, **and**
    - limit contacts as much as possible.
- If you are **IMMUNOCOMPROMISED or NOT FULLY VACCINATED**, you must isolate for **10 days after your test date**.
- You do not need any further testing during the isolation period.

You may **stop isolating when all three (3) of these criteria have been met**:

- You have completed your isolation period;
- You have been fever-free for at least 24 hours without using fever-reduction medications;
- Your symptoms are improving.

It is your responsibility to tell your household members and community close contacts if you have Covid-19 please visit gnb.ca/positiveresult without delay.

If you require medical assistance, please contact your primary Health Care provider or Tele-Care: 811.

If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately.