**You are considered a close contact if:**

* You were near a person with COVID-19 for at least 15 minutes when safety measures were not in place or were insufficient. Safety measures may include physical barriers or physical distancing of at least 2 metres.
* If you were wearing a non-medical mask, you would still be considered a close contact. Some interactions that are less than 15 minutes can also be considered close contact.
* A person with COVID-19 sneezes or coughs on you.
* You interacted with a person up to two days before they showed symptoms. Some people who don’t show symptoms may still be contagious.
* You interacted with the person up to two days before they went for a COVID-19 test.

**Whether you need to self-isolate depends on your immunization status.**

***You are Fully Immunized.***

You received your second dose of the COVID-19 vaccine seven or more days before coming into close contact with a person with COVID-19.

* You do not need to self-isolate
* Monitor closely for symptoms for 14 days
* Get tested if you have any symptoms of COVID-19

***You are Unimmunized or Partially Immunized***

You have not been vaccinated, you have been vaccinated with a first dose, or you have been vaccinated with a second dose less than seven days before coming into close contact with a person with COVID-19.

* You need to self-isolate for 10 days from time of close contact
* Monitor closely for symptoms for 14 days
* Get tested if you have any symptoms of COVID-19

**Your self-isolation starts from the day you were last in close contact with the person with COVID-19.**

***Self-isolation means:***

* Monitoring for signs of COVID-19.
* Staying at home
* Staying away from others in the home
* Using a separate bathroom if possible
* Getting basics like groceries and medications delivered or brought to you by someone not in self-isolation

***You can exercise outside as long as you can stay at least two metres away from others.***

* Do not go to work, school, or other public areas (such as grocery stores, shopping malls, fitness centres, or places of worship)
* Do not have visitors
* Do not share personal items with others
* Do not use public transport

**Do I need to get tested?**

If you get sick with signs of a cold, the flu, or COVID-like illness (even mild ones):

* Get tested for COVID-19 as soon as possible

No matter whether you have signs of illness or not, if you have been told to self-isolate and you test negative for COVID-19, you must do both of these things:

* You must self-isolate for the full 10 days from when last in contact with COVID-19.
* You must monitor for signs of COVID-19 for 14 days from when last in contact with COVID-19.