

COVID-19 Exposure

Someone in our school has tested positive.
Our school is following the [Healthy and Safe Schools – Winter Plan](#).
Public Health will NOT be contacting you.

MONITOR FOR NEW OR WORSENING SYMPTOM

This applies to both vaccinated and unvaccinated individual.

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. Contactless pickup or delivery services are encouraged.
8. Limit contacts as much as possible.

NEW OR WORSENING SYMPTOM DEVELOPS

This applies to both vaccinated and unvaccinated individuals.

1. Isolate and [register for a COVID-19 Test](#) immediately.
2. If the test is **negative**, you may attend an Early Learning and Childcare facility, School and other community activities.
 - If new or worsening symptoms appear, repeat the test.
3. If the test is **positive**, please follow guidance below. Report any positive rapid test results [online](#).

YOU HAVE TESTED POSITIVE on a COVID-19 Rapid POINT OF CARE TEST (POCT)

This applies to both vaccinated and unvaccinated individuals.

*Unless otherwise directed by Public Health, you must **isolate** at home, and may not attend an Early Learning and Childcare facility, School or other community activities.*

1. **HOW LONG IS MY ISOLATION PERIOD?**
These are the days when you are most infectious and more likely to transmit the virus to others.
 - A. You are **FULLY VACCINATED** (2 doses):
 - You must isolate for at least **5 days after your test date**.
 - Once you have completed the isolation period, for an **additional 5 days**, you must continue to:
 - self 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.
 - B. You are **IMMUNOCOMPROMISED** or **NOT FULLY VACCINATED**, you must isolate for **10 days after the test date**.
2. You do not need any further testing during the isolation period.
3. Notify your employer that you tested positive for COVID-19 without delay.
4. You may **stop isolating when all three (3) of these criteria have been met**:
 - I. You have completed your isolation period;
 - II. You have been fever-free for at least 24 hours without using fever-reduction medications;
 - III. Your symptoms are improving.
5. If you require **medical assistance**, please contact your **primary Health Care provider** or **Tele-Care: 811**.
6. If you are having **difficulty breathing** or **experiencing other severe symptoms**, call **911** immediately.

COVID-19 Exposure

YOU HAVE TESTED POSITIVE, NOTIFY YOUR CLOSE CONTACTS

This applies to both vaccinated and unvaccinated individuals.

It is your responsibility to tell your household members and community close contacts that you have tested positive for COVID-19 without delay.

WHO ARE CLOSE CONTACTS?

Close contacts are individuals who were within two metres (six feet) of you for at least 15 minutes without masking or barriers in place during the:

- 48 hours before you developed symptoms,
OR
- 48 hours before you tested positive (whichever came first)

until you received your positive test result.

ISOLATION PERIOD for HOUSEHOLD CONTACTS

This applies to both vaccinated and unvaccinated individuals.

These are the individuals who live with you, who share common areas such as a kitchen, living room and bathroom.

They must follow this guidance, unless otherwise directed by Public Health:

FULLY VACCINATED (2 doses):

1. They must isolate for at least 5 days after your test date;
2. Once they have completed their isolation period, for an additional 5 days, they 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.
3. If symptoms develops, get tested:
COVID-19 GNB.CA/GETTESTEDCOVID19

IMMUNOCOMPROMISED or NOT FULLY VACCINATED

1. They must isolate for 10 days after your test date.
2. They must monitor for new and worsening symptoms.
3. If one or more symptoms develops, get tested:
COVID-19 GNB.CA/GETTESTEDCOVID19

Rapid POCT is not recommended for children under 2 years of age. If a new or worsening symptom develops, [book a PCR test](#).

GUIDANCE for COMMUNITY CLOSE CONTACTS

This applies to both vaccinated and unvaccinated individuals

These are the individuals who do not live with you.

1. Self-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. If unvaccinated or not fully vaccinated (2 doses), contactless pickup or delivery services are encouraged.
8. If symptoms develops, get tested:
COVID-19 GNB.CA/GETTESTEDCOVID19

For the most updated Public Health information, please consult : [GNB – Living with COVID-19](#) website.

COVID-19 Exposure

Someone in our school has tested positive.
Our school is following the Healthy and Safe Schools – Winter Plan.
Public Health will NOT be contacting you.

MONITOR FOR NEW OR WORSENING SYMPTOM

This applies to both vaccinated and unvaccinated individual.

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. Contactless pickup or delivery services are encouraged.
8. Limit contacts as much as possible.

NEW OR WORSENING SYMPTOM DEVELOPS

This applies to both vaccinated and unvaccinated individuals.

1. Isolate and do a COVID-19 rapid test (POCT) immediately.
2. If the test is **negative**, your child may attend an Early Learning and Childcare facility, School and other community activities.
 - o If new or worsening symptoms appear, repeat the test.
3. If the test is **positive**, please follow guidance below.

YOUR CHILD HAS TESTED POSITIVE on a COVID-19 Rapid POINT OF CARE TEST (POCT)

This applies to both vaccinated and unvaccinated individuals.

Unless otherwise directed by Public Health, your child must **isolate** at home, and may not attend an Early Learning and Childcare facility, School or other community activities.

1. HOW LONG IS MY CHILD'S ISOLATION PERIOD?

These are the days when your child is most infectious and more likely to transmit the virus to others.

A. Your child is **FULLY VACCINATED** (2 doses):

- Your child must isolate for **at least 5 days after their test date**.
- Once your child has completed the isolation period, for an **additional 5 days**, your child 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.

B. Your child is **IMMUNOCOMPROMISED** or **NOT FULLY VACCINATED**, your child must isolate for **10 days after the test date**.

2. Your child does not need any further testing during the isolation period.
3. Notify the school administration that your child tested positive for COVID-19 without delay.
4. Your child may **stop isolating when all three (3) of these criteria have been met**:
 - I. Your child has completed their isolation period;
 - II. Your child has been fever-free for at least 24 hours without using fever-reduction medications;
 - III. Your child's symptoms are improving.
5. If your child requires **medical assistance**, please contact your **primary Health Care provider** or **Tele-Care: 811**.
6. If your child is having **difficulty breathing** or **experiencing other severe symptoms**, call **911** immediately.

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IF YOUR CHILD HAS TESTED POSITIVE, NOTIFY YOUR CLOSE CONTACTS

This applies to both vaccinated and unvaccinated individuals.

It is your responsibility to tell your household members and community close contacts that your child has tested positive for COVID-19 without delay.

WHO ARE CLOSE CONTACTS?

Close contacts are individuals who were within two metres (six feet) of your child for at least 15 minutes without masking or barriers in place during the:

- 48 hours before your child developed symptoms, OR
- 48 hours before your child tested positive (whichever came first)

until you received their positive test result.

ISOLATION PERIOD for HOUSEHOLD CONTACTS

This applies to both vaccinated and unvaccinated individuals.

These are the individuals who live with your child, who share common areas such as a kitchen, living room and bathroom.

They must follow this guidance, unless otherwise directed by Public Health:

FULLY VACCINATED (2 doses):

1. They must isolate for at least 5 days after your test date;
2. Once they have completed your isolation period, for an additional 5 days, they 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 your contacts as much as possible.
3. If symptoms develops, get tested:
COVID-19 GNB.CA/GETTESTEDCOVID19

IMMUNOCOMPROMISED or NOT FULLY VACCINATED

1. They must isolate for 10 days after your test date.
2. They must monitor for new and worsening symptoms.
3. If one or more symptoms develops, get tested:
COVID-19 GNB.CA/GETTESTEDCOVID19

Rapid POCT is not recommended for children under 2 years of age. If a new or worsening symptom develops, book a PCR test.

GUIDANCE for COMMUNITY CLOSE CONTACTS

This applies to both vaccinated and unvaccinated individuals

These are the individuals who do not live with your child.

1. Self-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. If unvaccinated or not fully vaccinated (2 doses), contactless pickup or delivery services are encouraged.
8. If symptoms develops, get tested:
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For the most updated Public Health information, please consult : [GNB – Living with COVID-19 website](#).



What to do if you Test Positive for COVID-19

With the number of current COVID-19 cases, heightened by the Omicron variant, Public Health does not have the resources to continue contact tracing. The following steps will help ensure your safety and that of your co-workers and other close contacts if you test positive for COVID-19 and have been in contact with others at the workplace. We all have a responsibility to try to limit the spread of COVID-19 and relieve the burden it places on our hospitals and health care professionals.

1. You must notify your employer immediately if you have tested positive for COVID-19 AND have been in contact with others at your workplace. You must report a positive result of a rapid POCT or PCR test to Public Health.
2. Notify all those you have come into ***close contact** with at the workplace of the potential exposure. Your employer may also reach out to staff and share this infosheet with your colleagues.
3. Self-isolate
If you are vaccinated, you must isolate for five days, and for an additional five days you must mask constantly, adhere to strict physical distancing, and avoid gatherings as well as vulnerable settings.

If you are unvaccinated, you must self-isolate for 10 days.

Your isolation period starts the day you receive your positive test result. You may stop isolating when you meet **all three** of these criteria:

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

4. Continue to follow these simple but important Public Health measures:

IF YOU ARE NOT VACCINATED, CONSIDER DOING SO.

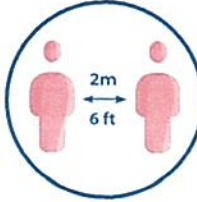
Vaccinations are our best defence against COVID-19. If vaccinated, get your booster as soon as eligible.



WEAR MULTI-LAYER WELL-FITTING MASKS



WASH HANDS REGULARLY



MAINTAIN A TWO-METRE DISTANCE (WHERE POSSIBLE)



WORK FROM HOME (WHERE POSSIBLE)

*Close contacts are the people who were within two metres of you for at least 15 minutes without masking or barriers in place during the 48 hours before you developed symptoms OR 48 hours before you tested positive (whichever came first)