

COVID-19 Exposure

Someone in our school has tested positive.
Our school is following the [Healty 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.
 - o 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:
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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:
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For the most updated Public Health information, please consult : [GNB – Living with COVID-19](#) website.