

6.2 Close Contacts Outside of Highest Risk Settings

6.2.1 Household and Non-Household Close Contacts

- For a total of 10 days after the last exposure to the COVID-19 positive case or individual with COVID-19 symptoms, the individual notified by a case should:
 - [Self-monitor](#) for symptoms. They should **self-isolate immediately if they develop any symptom of COVID-19 and seek testing if eligible**;
 - Wear a well fitted mask in all public settings:
 - Individuals should maintain masking as much as possible in public settings (including school and child care, unless under 2 years old). Reasonable exceptions would include removal for essential activities like eating, while maintaining as much distancing as possible;
 - Participation in activities where masking can be maintained throughout may be resumed, but individuals should avoid activities where mask removal would be necessary (e.g., dining out; playing a wind instrument; high contact sports where masks cannot be safely worn); and
 - Individuals who are unable to mask (e.g., children under two years of age, etc.) may return to public settings without masking.
 - Avoid non-essential visits to anyone who is immunocompromised or at higher risk of illness (e.g., seniors); and
 - Avoid non-essential visits to highest risk settings such as hospitals and long-term care homes. Where essential visit cannot be avoided, close contacts should wear a medical mask, maintain physical distancing, and notify the highest risk setting of their recent exposure.

6.3 Close Contacts in Highest Risk Settings

Those who live in the setting:

- Close contacts who **live** in a highest risk setting may need to isolate following a high-risk exposure, based on the sector-specific isolation guidance (see [Section 3](#)), direction from local PHU, or direction from the local hospital IPAC team for hospitalized patients.

Those who work in the setting:

- Employees working in highest risk settings who have had a high-risk exposure (see **Table 2**) to a COVID-19 case should speak with their employer to report their exposure and follow their workplace guidance for return to work.
- Employees working in highest risk settings should **self-monitor for symptoms for a total of 10 days** after the last exposure to the COVID-19 positive case or individual with COVID-19 symptoms.
- **All employees should self-isolate immediately if they develop any symptom of COVID-19 and seek testing if eligible.**
- Individuals who are required to work in person may attend the highest risk setting right away following the guidance below.
- Close contacts should **self-monitor** for 10 days from last exposure ⁹.
- Close contacts who develop **any** symptom(s) of COVID-19 should **self-isolate immediately and be tested by molecular testing as soon as possible.**
- Where feasible, additional workplace measures for individuals who are self-monitoring for 10 days from last exposure may include:
 - Recommending that close contacts with a household (ongoing) exposure obtain an immediate PCR or rapid molecular test, and re-testing at day 5 from initial exposure if initial test was negative.
 - Recommending that close contacts with a discrete (one-time) high-risk exposure obtain PCR or rapid molecular testing at day 5 from initial exposure.

⁹ "Last exposure" refers to the last day the contact was exposed to an individual with COVID-19 symptoms or a positive test result. Individuals who have ongoing exposure to a case (i.e., case is unable to effectively self-isolate) would have their last exposure on the date the case ended their self-isolation period. For example, if a parent was caring for a child with COVID-19 and the child was to be self-isolating from Monday to Saturday, the 'last exposure' for the parent would be Saturday.

- Testing of close contacts with rapid antigen testing for 10 days may be recommended (as an alternative to PCR/molecular testing and/or in addition to PCR/molecular testing) based on setting specific IPAC and/or Occupational Health direction.
- Where testing is recommended, individuals may continue to attend the highest risk setting even if test results are pending or if testing was not obtained, unless otherwise directed by their IPAC/Occupational health lead.
- Active screening for symptoms ahead of each shift.
- Individuals should not remove their mask when in the presence of other staff to reduce exposure to co-workers (i.e., not eating meals/drinking in a shared space such as conference room or lunch room).
- Working in only one facility, where possible.
- Ensuring well-fitting source control masking for the staff to reduce the risk of transmission (e.g., a well-fitting medical mask or fit or non-fit tested N95 respirator or KN95).

7. Risk of COVID-19 Spread Between People and Animals

- There have been infrequent confirmed reports of the SARS-CoV-2 virus spreading from animals to individuals (e.g., in mink farms).
- Based on available information to date, animal-to-human transmission is likely very uncommon and the risk to most people in Canada for acquiring COVID-19 from animals appears to be very low.
- See the Government of Canada's [website](#) for more information on the risk of COVID-19 spreading from animals to people, for information on how to keep your pets safe when you have COVID-19 or COVID-19 symptoms and guidelines for individuals who have had contact with farm animals or wild life.