Dear Health Care Worker,

**You have been identified as a high-risk close contact of a confirmed case of COVID-19 in your workplace.**

In general, close contact means:

* You have been within two metres of a person with COVID-19 for a total of 15 minutes or more without full PPE. A shorter interaction time may also put you at risk of COVID-19 exposure in certain circumstances.

This letter contains instructions you must now follow. Please read all of the information carefully and completely.

1. **Self-Isolate**

* As employee of a highest risk setting, you are required to self-isolate for 10 days regardless of vaccination status. Highest risk settings include: LTCH, RH, hospitals, shelter or congregate settings, remote, isolated or indigenous communities
* Your employer may choose to implement a work self-isolation program which will allow you to work ONLY if you are symptom free.
* As a high-risk contact, your household contacts DO NOT require isolation at this time. However, if you become symptomatic all household contacts must isolate following guidance at [www.ontario.ca/exposed](http://www.ontario.ca/exposed).
* As a high-risk contact, your non-household contacts DO NOT require isolation at this time. However, if you become symptomatic all household contacts must isolate following guidance at [www.ontario.ca/exposed](http://www.ontario.ca/exposed).

1. **Go for Testing**

* If you have COVID-19 symptoms, go for PCR testing.
* A list of testing centre locations in Huron Perth is available at [www.hpph.ca/COVID19test](http://www.hpph.ca/COVID19test).

1. **Monitor for Symptoms**

* Please monitor for any signs of illness. If you develop symptoms, self-isolate and get tested. Isolation period will extend 10 days from onset of symptoms.
* If rapid antigen test (RAT) is available, you may be able to return to work on day 7 from the date of symptom onset or positive test (RAT or PCR) (whichever is earlier) if you meet the following criteria:
  + Have two consecutive negative RAT at least 24 hours apart (e.g. day 6 and 7) AND
  + Symptoms have been improving for at least 24 hours (or 48 hours if experiencing gastrointestinal symptoms).

Thank you,

Huron Perth Public Health