

Instructions for close contacts

I have been identified as a close contact

You may have been exposed to COVID-19. You need to self-monitor and may also need to self-isolate and/or get tested.

Self-monitoring for close contacts

Monitor for symptoms of COVID-19 listed below for 14 days from the day you last had contact with the person who has COVID-19, even if you are fully vaccinated or had COVID-19 in the last 90 days. If you develop symptoms of COVID-19 listed below, please use the [Self-assessment Tool](#) to see if you should get tested for COVID-19.

Fever or chills	Extreme fatigue or tiredness
Cough	Headache
Loss of sense of smell or taste	Body aches
Difficulty breathing	Nausea or vomiting
Sore throat	Diarrhea
Loss of appetite	

See below for more details on testing locations and results.

Self-isolation for close contacts

If you are fully vaccinated or had COVID-19 in the last 90 days, you are not required to self-isolate, and you can continue to participate in routine activities, such as work or school, as long as you do not have any symptoms. However, do not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems, or over the age of 70 years) for 14 days after you were last exposed to COVID-19. More details on risk factors for severe disease are available on the [BCCDC website](#).

If you are not fully vaccinated and did not have COVID-19 in the last 90 days, you are required to **self-isolate for 10 days** from the day you last had contact with the person who has COVID-19, even if you do not have any symptoms. Self-isolation means keeping away from others to help stop the spread of COVID-19. Visit the BCCDC website to learn more about how to self-isolate: bccdc.ca/covid19selfisolation. In addition to the 10 days of self-isolation, you should not visit friends or relatives who are higher risk for severe COVID-19 (e.g. those currently in hospital, long term care, those with compromised immune systems or over the age of 70 years) for 14 days after you were last exposed to COVID-19. More details on risk factors for severe disease are available on the [BCCDC website](#).

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Fully vaccinated means you received both doses of a 2-dose series (e.g. AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) more than 7 days ago, or have received a single dose of a 1-dose series (e.g. Janssen/Johnson and Johnson) more than 14 days ago.

Testing and results

If you need to get tested, find the nearest testing location: healthlinkbc.ca/covid19test

- If you test positive for COVID-19, you will need to self-isolate for at least 7 days from when your symptoms started or from the date of the positive test if you are fully vaccinated (at least 10 days for those who are not fully vaccinated). You must also be free of fever and experience an improvement in your symptoms to end isolation.
- If you test negative or indeterminate for COVID-19, you still need to self-isolate for 10 days from the day you had contact with the person who has COVID-19 unless you are fully vaccinated or had COVID-19 within the last 90 days. If you are fully vaccinated or had COVID-19 within the last 90 days, you do not need to self-isolate and may return to normal activities once you feel better. You must also be free of fever and experience an improvement in your symptoms to end isolation.