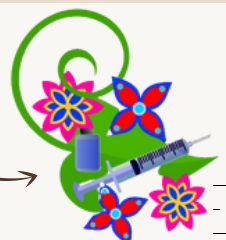# You've been exposed to someone who has tested positive for COVID-19, now what?

A guide to isolating

Start here
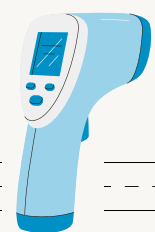
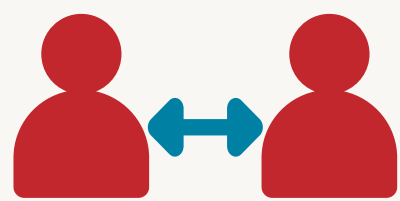**Have you had at least 2 doses of a COVID-19 Vaccine?**

— Yes → **Does the COVID-19 positive person live with you?**

— No → **Do you have any symptoms of COVID-19?**

— Yes → **Self-isolate immediately for at least 5 days following your symptom onset, and until your symptoms have been improving for at least 24 hours (48 hours if gastrointestinal symptoms), whichever is longer**

(Have you had at least 2 doses...) — No
(Does the COVID-19 positive person live with you?) — Yes

Self-isolate immediately for
- 5 days if you are fully vaccinated or under 12 years of age
- 10 days if you are partially vaccinated, unvaccinated or immune compromised
- Self-monitor for symptoms for 10 days

(Do you have any symptoms of COVID-19?) — No

Self-monitor for symptoms for 10 days
- If leaving home, maintain masking, and physical distancing. You should NOT visit any high risk settings or individuals who at higher risk of illness for 10 days from your last exposure
- Report your exposure to your employer and follow work restrictions

INDIGENOUS PRIMARY HEALTH CARE COUNCIL