

Guidance for Children/Staff who are High Risk Contacts of a Confirmed Positive COVID-19 Case

*Children/staff who are high-risk contacts (HRC) of a positive COVID-19 case will receive a letter from Public Health with guidance and directions.

Purpose: To be used when anyone in the household receives notification from Public Health that they are a high-risk contact of a confirmed COVID-19 case. All HRC must self-isolate immediately.

Resources: [COVID-19: How to Self-Isolate](#) & [COVID-19: Self-isolation: Guide for Caregivers, Household Members and Close Contacts](#)

If HRC individual has symptoms

- HRC must remain home and self-isolate for 14 days from last exposure/contact with positive case.
- HRC is recommended to go for COVID-19 testing immediately.
- Follow the direction provided from Public Health about when they can return to school/childcare/work.
- Must be able to pass screening tool before returning.

Any household members of a symptomatic HRC must also self-isolate until test results return for symptomatic individual.

If HRC individual does not have symptoms

- HRC must remain home and self-isolate for **14 days** from last exposure/contact with positive case.
- HRC is recommended to be tested for COVID-19 **on or after day 7** of self-isolation period.
- Follow the direction provided from Public Health about when they can return to school/childcare/work.
- Must be able to pass screening tool before returning.

Any household members of asymptomatic HRC must stay home except for essential reasons for the duration of isolation period of HRC.

Household members of asymptomatic HRC are allowed to go to school/childcare/work and do essential errands such as groceries, attending medical appointments or picking up prescriptions.

If HRC individual tests positive for COVID-19

- HRC who tested positive for COVID-19 must follow directions from Public Health (i.e. self-isolate for 10 days from symptom onset [or test date, if asymptomatic]).

Any household members of a HRC who tests positive for COVID-19 must self-isolate for 14 days from last exposure/contact with the individual who tested positive.

Household members are recommended to go for a COVID-19 test immediately, and if receive a negative test result, recommended to re-test on or after day 10 of isolation.