

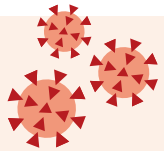


PSA EXPOSURE INSTRUCTIONS

# I have been at an exposure location, now what?



When Public Health issues a public service announcement (PSA) for a potential COVID-19 exposure and it names a location where you have been, your vaccination status (fully vaccinated or not fully vaccinated) will determine your next steps.



**Regardless of your vaccination status or the type of PSA, we recommend that you self-monitor for symptoms of COVID-19 for 14 days from the exposure.** Symptoms include a new or worsening cough, or two or more of the following: fever (i.e. chills, sweats), shortness of breath, sore throat, runny nose/nasal congestion, or headache. **Anyone who develops symptoms is required to self-isolate, book a PCR COVID-19 test, and stay isolated until you receive a negative test result.**



### Vaccination Status (on day of exposure)

#### Fully vaccinated\* or had a recent COVID-19 infection

or

#### Not fully vaccinated\*\* or no recent COVID-19 infection

### COVID-19 Precaution Notification

There has been a potential exposure of minimal risk to the public.

- You received the final dose of your COVID-19 vaccine series\* at least 14 days before your exposure
- You have had a positive COVID-19 PCR test within 12 weeks (3 months) of the exposure date

- You have not completed your COVID-19 vaccine series at least 14 days before your exposure. This includes those with only one vaccine dose or no vaccine dose.
- You have not had a recent positive COVID-19 PCR test within 12 weeks (3 months) of the exposure date

- You do not need to self-isolate or be tested unless you develop symptoms.

- Public Health recommends **booking a PCR COVID-19 test** 72 hours after your exposure.
- You do not need to self-isolate while waiting for a test result, unless you develop symptoms.

### COVID-19 Exposure Notification

You had close contact with a person with COVID-19.

- Public Health recommends you **get tested** (PCR test) at least 72 hours after the exposure, if you do not have symptoms.
- If you have symptoms, please **get tested** (PCR test) at least 48 hours after symptoms start.
- You do not need to self-isolate unless you develop symptoms.

- You are required to self-isolate whether or not you have symptoms.
- **Book your first PCR COVID-19 test** immediately.
- **Book your second PCR COVID-19 test** 6 or 7 days after the exposure. You can stop isolating after 7 full days only if this test is negative and you have no symptoms. Avoid contact with immunocompromised people (i.e. nursing homes) for at least 14 days.
- **Booking a third PCR COVID-19 test** is recommended on Day 14 after your exposure.
- If you choose not to be tested on day 6 or 7, you must isolate for a full 14 days from your most recent exposure.

\*Fully vaccinated is defined as:

- Two doses of a Health Canada-authorized two-dose vaccine: Pfizer, Moderna or AstraZeneca/COVISHIELD, or
- One dose of a Health Canada-authorized one-dose vaccine: Janssen (J&J) **plus** one dose of a Health Canada-approved mRNA vaccine (Pfizer or Moderna), or
- Complete series of a non-Health Canada-authorized vaccine **plus** one dose of a Health Canada-approved mRNA vaccine (Pfizer or Moderna)

\*\*Not fully vaccinated is defined as:

- Not meeting the criteria of fully vaccinated above

