

REDUCING THE SPREAD OF COVID-19

Steps to take to keep our loved ones & communities safe

Self-Isolation | Close Contacts



When would you need to self-isolate?

If you have tested positive (+) for COVID-19, if you are a close contact who is not fully vaccinated, or if you have been instructed by Public Health.



Why is self-isolating important?

We can lower the risk of passing it on to others. Even if you do not have symptoms, you could spread COVID-19.



Who is a close contact?

Defined by living in the same home as someone that has tested (+) for COVID-19, or spending more than 15 mins with someone COVID-19 (+).



Who is still at risk of catching Covid-19?

People that are not fully vaccinated which include children under 12 yrs old are at the highest risk right now of getting COVID-19.

Someone who gets the vaccine can still get sick (but not as badly) and spread it to others



Face Masks are recommended in indoor public spaces for everyone 12 and older who are not yet fully vaccinated.

Hand Washing continues to help break the chain of COVID-19 infection (and any other infection at that!)



Physical distancing may also be required in some environments.

Fully vaccinated means you have received two doses of COVID-19 vaccine