

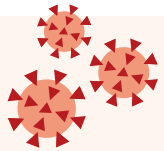


PSA EXPOSURE INSTRUCTIONS

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 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 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.

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

- You are required to self-isolate whether or not you have symptoms.
- **Book your first COVID-19 test** immediately.
- **Book your second 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 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