

# What If I am a Close Contact?

## Advice from our IPCC Team



### What is a close contact?

Close contacts are people that live with someone who has COVID-19 or who have spent more than four hours (over a 24-hour period) in a residential setting with a case during their infectious period. Close contacts are at higher risk of catching COVID-19 and then passing the virus on to others. If you tested positive to COVID in the last 5 weeks then you are not considered a close contact

### What is the infectious period?

A case is infectious from two days prior to developing symptoms and up to 10 days after their symptoms began. A positive case is most infectious for the two days before symptoms develop and during the time they have acute respiratory symptoms (cough, runny nose, sore throat, fever).

### What to do if you are a close contact

Stay at home and test immediately if symptomatic

Notify your manager who will apply for an exemption for you to work if you are Negative and asymptomatic. If you become symptomatic you may not attend work.

If an exemption is approved follow the guidelines for attending a high risk premises:

Negative RAT each day prior to your shift for a minimum of 7 days post exposure, if multiple household members are positive please seek guidance from infection control

You must wear the level of PPE appropriate to the area that you work in and must not remove it around others

### What do I do if I live with the positive case?

If the positive case lives with you, then you must:

Isolate away from the positive, sleep in separate bedrooms, have own bathroom if possible, if there is only one bathroom the windows should remain open, fans on and ensure the toilet lid is closed when flushed, avoid physical contact, do not share household items, clean frequently touched areas, and provide food to the closed room of the case