

High Risk and Low-Risk Exposure

Please note: These are some of the criteria for identifying a High-Risk/Close Contact but are not inclusive of all factors. The Health Department may deem someone a High-Risk/Close Contact based on an assessment of the situation.

| Exposure type | High-risk exposure ("Close Contact") | Low-risk exposure |
|-------------------------------------|---|---|
| Description | <p>Contact with a case within 2 meters for a cumulative duration of approximately 15 minutes in 24 hour period, particularly if case and/or contact was not masked.</p> <p>OR</p> <p>Contact did not wear appropriate personal protective equipment (PPE) for any duration of exposure while within 2 metres of each other, except for a transient exposure. Appropriate PPE includes at least a medical mask but could include eye protection, gown and gloves depending on the type of interaction.</p> <p><i>Non-medical masks (e.g. cloth masks) are NOT considered PPE.</i></p> <p>OR</p> <p>Had direct close physical contact (e.g. hugging).</p> <p>OR</p> <p>Contact with bodily fluids of the case (e.g. coughed on or sneezed on).</p> | <p>The contact did wear appropriate PPE, including surgical/procedure mask for the duration of exposure.</p> <p>OR</p> <p>A physical distance of greater than two metres (six feet) was maintained at all times during interaction**.</p> <p>OR</p> <p>Transient interactions only (e.g. walking by the case or briefly in the same room, grocery clerk passes bag and hands touch).</p> <p>OR</p> <p>Separated by appropriate barrier (e.g. Plexiglas) when maintaining a distances less than two metres (six feet) with appropriate air ventilation.</p> |
| Required actions for contact | <p>Depending on the contact's vaccination status, they may be required to self-isolate. Refer to halton.ca/covid19</p> <p>Should get tested for COVID-19. See testing and results to know how soon a contact should get tested.</p> | <p>Self-monitor for symptoms for 10 days from last exposure date.</p> <p>If COVID-19 symptoms develop, self-isolate and get tested immediately, even if symptoms are mild.</p> |