

Guidance for COVID-19 Cases and Contacts in the Northern Health Region

IF YOU RECEIVED A POSITIVE TEST RESULT FOR COVID-19

1. Continue to self-isolate for 10 days from when your symptoms started.
2. Tell your household, family, and social close contacts that they may have been exposed to COVID-19.

These are important steps to reduce the spread of COVID-19 and to help keep your family, friends and community safe.

What to expect from public health

Northern Health's public health team will try to contact you within 3 days of receiving your positive test result. Public health may identify and notify more of your close contacts if you were in priority settings. For example: health care and long-term care, First Nations communities, K-12 schools, childcare facilities.

Make a list of your household, family, and social close contacts

A close contact is anyone who was near you:

- for at least 15 minutes total in 24 hours (for example 10 min, plus 5 min in one day)
- without health and safety measures in place (for example physical barriers or physical distancing of at least 2 metres)
- from 2 days before your symptoms began until 10 days after

Close contact can occur when people have intimate contact, share a room, a house, or are in a crowded place where health and safety measures aren't always being used. You can also be a close contact if someone with COVID-19 sneezes or coughs on you.

More information is available on the [Close Contacts section](#) of the BCCDC website.

Remember each day from 2 days before your symptoms began, and consider the following questions:

- Did you have people in your home?
- Is there anyone you socialized with?
- Who did you visit?
- Did you attend any appointments?
- Did you take part in any social gatherings (for example, in a private residence)?
- Do you come in close contact with others at work?

Make a list

NAME OF CLOSE CONTACT	CONTACT INFORMATION (PHONE, EMAIL)	DATE THAT YOU WERE LAST IN CLOSE CONTACT

Tell your close contacts they may have been exposed to COVID-19

Telling your close contacts they may have been exposed to COVID-19 helps to protect them and others in your community. You can call, text or email.

Example of what to say to your close contacts:

“Hi. I need to talk to you about something important. Do you have a few minutes to talk privately? I tested positive for COVID-19 on [xxx date]. We spent time together on [xxx date], which means that you may have been exposed. I wanted to let you know, so that you can take steps to protect the people you are in contact with. I can share some resources that will explain what steps you should take depending on your vaccination status.”

Example of a text or email to your close contacts:

“I tested positive for COVID-19 on [xxx date]. We spent time together on [xxx date], which means that you may have been exposed. I wanted to let you know, so that you can take steps to protect the people you are in contact with. I can share some resources that will explain what steps you should take depending on your vaccination status.”

Resources to share are on the Northern Health website:

northernhealth.ca/health-topics/covid-19-information#i-am-a-close-contact

- [Guidance for COVID-19 Cases and Contacts in the Northern Health Region](#) (PDF)
- [Close Contacts](#) (BCCDC website)
- [What to do if you are a close contact of a person with COVID-19](#) (BCCDC PDF)

If you have questions or concerns about your health:

Call your Primary Care Provider (family doctor or nurse practitioner), the Northern Health Virtual Clinic at **1.844.645.7811**, or HealthLinkBC at **8-1-1**.

If you have questions about your isolation or exposure:

Public Health COVID-19 phone line: 1.855.755.3555.

This is a confidential voice mailbox only for people who tested positive for COVID-19, or are a close contact of someone with COVID-19. If you have questions about your isolation or your exposure, call and leave a voice message with your name, date of birth, phone number, and personal health number. You will receive a call back within 3 to 4 days, between 8:30 am and 4 pm.

IF YOU ARE A CLOSE CONTACT OF SOMEONE WITH COVID-19

You might be notified that you were exposed to COVID-19 by a person with COVID-19, or Northern Health public health. Being exposed does not mean that you have COVID-19. It does mean that you are a close contact, and there is a risk you could develop and spread COVID-19 to others.

What to Do

Your next steps depend on your vaccination status and the date of your last exposure. Your last date of exposure is the last time you were near the person diagnosed with COVID-19.

If you live in a First Nations community, follow local direction, which may not be the same as the direction below.

YOUR VACCINATION STATUS	YOUR ACTIONS
Second vaccine for COVID-19 was at least 7 days before your last date of exposure, OR NOT vaccinated for COVID-19 AND had COVID-19 within 90 days of last date of exposure, OR One vaccine for COVID-19 and NOT a household member of a person with COVID-19	<ul style="list-style-type: none">• Watch for symptoms of COVID-19 for 14 days.• You do not need to self-isolate.
NOT vaccinated for COVID-19, OR One vaccine for COVID-19 AND a household member of a person with COVID-19	<ul style="list-style-type: none">• Self-isolate and watch for symptoms of COVID-19 for 10 days from your last date of exposure.• Continue to watch for symptoms for 4 more days.
Unsure about what to do	<ul style="list-style-type: none">• Self-isolate and call the Northern Health Public Health Phone Line (1-855-755-3555).• Leave a voicemail with your name, date of birth, and Personal Health Number. Also say you are a close contact who needs an isolation assessment.• Self-isolate until you receive a call-back. Public health will call you back as soon as possible.

Common symptoms of COVID-19 include: cough, fever/chills, shortness of breath/difficulty breathing, loss of taste and smell, headaches, muscle aches, fatigue, nausea, vomiting, diarrhea, sore throat.

If you have symptoms now, or develop symptoms, **self-isolate** and **get tested right away**. Call your Primary Care Provider or visit www.northernhealth.ca/health-topics/covid-19-information#testing-and-results.

Vaccination is recommended for anyone ages 12 and up. Find a **COVID-19 vaccination clinic** near you at: www.northernhealth.ca/health-topics/covid-19-immunization-clinics.

SELF-ISOLATION SUPPORTS IF YOU HAVE COVID-19 OR ARE A CLOSE CONTACT

Prescription refill:

- [First Nations Virtual Doctor of the Day](#) (FNHA)
Toll-free: 1.855.344.3800 to book an appointment (8:30 am to 4:30 pm, 7 days a week)
- [Northern Health Virtual Clinic](#) (Northern Health)
Toll-free: 1.844.645.7811 (10 am to 10 pm, 7 days a week)

Mental health and substance use:

- [Mental health and substance use](#) (Northern Health)
Search for programs and services to assist persons and their family experiencing difficulties with mental health and/or substance use. Many mental health and substance use services are available through your primary health care team. You can [contact your team directly](#) to find out what services they offer.
- [Alcohol & Drug Information Referral Service](#) (HealthLinkBC)
Toll-free: 1.800.663.1441 (24 hours a day, 7 days a week)
Provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs).
- [First Nations Virtual Doctor of the Day](#) (FNHA)
Toll-free: 1.855.344.3800 to book an appointment (8:30 am to 4:30 pm, 7 days a week)
Enables First Nations people in BC with limited or no access to their own doctors to make virtual appointments.
- [Northern Health Virtual Clinic](#) (Northern Health)
Toll-free: 1.844.645.7811 (10 am to 10 pm, 7 days a week)
Provides primary and community care services and COVID-19 assessments for those experiencing symptoms.
- [Mental health and cultural supports during COVID-19](#) (FNHA)
This one-page document summarizes mental health and cultural supports available.
- [Inclusive Toolkit Provides Mental Health and Wellness Supports for COVID-19](#) (FNHA)
This online toolkit of resources aim to help cope with the challenges in our lives that can be stressful, overwhelming and cause strong emotions.

For Indigenous individuals:

- If you are First Nations, your Health Director may be able to provide additional supports or contact [First Nations Health Benefits](#). Toll-free: 1.888.305.1505 (Monday to Friday 8:30 am to 4:30 pm and on weekends and statutory holidays from noon to 4 pm)
- If you are Métis, contact the [Métis Crisis Line](#) at 1.833.638.4722 (24 hours a day, 7 days a week)