

# Discharge from Isolation for CLOSE CONTACTS of COVID-19 Cases

Northern Health's current case and contact management process is focused on [contact tracing cases in high priority settings](#). Cases who are [not in high priority settings](#) are instructed to tell their close contacts about their exposure, and to provide them with [resources to support their isolation](#).

Because Northern Health's Public Health team does not have direct communication with these contacts, we are unable to validate their exposure date or isolation period without disclosing confidential health information related to the case. As a result, **Northern Health cannot provide close contacts in non-priority settings with letters related to isolation or discharge.**

If you are notified that you are a close contact to a COVID-19 case, you must self-isolate for 14 days from your last date of close contact with the case.

If you develop possible symptoms of COVID-19 at any time, continue self-isolation and call your Primary Care Provider or the Northern Health Virtual Clinic (1-844-645-7811) to be assessed for testing. You will receive additional advice on ending isolation at that time.

If you go for testing and have a negative lab result, you must continue to self-isolate for 14 days from your last close contact with a case. A negative result does not mean you have not been exposed. COVID-19 infection can occur at any time during the 14 days after exposure.

You may discontinue isolation after 14 days if:

1. You have not developed any new symptoms of COVID-19
2. You have not been notified of any further close contact with a confirmed case of COVID-19 during your isolation period.

It is your responsibility to determine when these conditions are met. When these conditions are met, you can safely return to your usual activities (including work or school).

Upon ending isolation, Northern Health asks that you continue to practice COVID-19 precautions, which includes:

- Wash your hands
- Avoid touching your face
- Stay 2 meters (6 feet) away from other people
- Cough or sneeze into your elbow
- Throw away used tissues as soon as possible and then wash your hands
- Wear a mask in indoor public spaces
- Following any additional safety measures required in your workplace, school, or other public setting that you visit

For more information see:

[What is contact tracing \(high level\):](https://www.northernhealth.ca/sites/northern_health/files/health-information/health-topics/coronavirus/documents/covid-19-what-is-contact-tracing-high-level.pdf)

[https://www.northernhealth.ca/sites/northern\\_health/files/health-information/health-topics/coronavirus/documents/covid-19-what-is-contact-tracing-high-level.pdf](https://www.northernhealth.ca/sites/northern_health/files/health-information/health-topics/coronavirus/documents/covid-19-what-is-contact-tracing-high-level.pdf)

[What is contact tracing \(detailed\)](https://www.northernhealth.ca/sites/northern_health/files/health-information/health-topics/coronavirus/documents/covid-19-what-is-contact-tracing-detailed.pdf)

[https://www.northernhealth.ca/sites/northern\\_health/files/health-information/health-topics/coronavirus/documents/covid-19-what-is-contact-tracing-detailed.pdf](https://www.northernhealth.ca/sites/northern_health/files/health-information/health-topics/coronavirus/documents/covid-19-what-is-contact-tracing-detailed.pdf)

[Testing positive for COVID-19:](https://www.northernhealth.ca/health-topics/covid-19-information#testing-positive-for-covid-19)

[https://www.northernhealth.ca/health-topics/covid-19-information#testing-positive-for-covid-19\)](https://www.northernhealth.ca/health-topics/covid-19-information#testing-positive-for-covid-19)