

# COVID-19 Close Contacts Identification Guide

**You have tested positive for COVID-19 and are legally required to self-isolate.**

Complete the following steps immediately:

1. Answer the questions below.
2. If you answer **Yes** to a question, enter the details of every person you made contact with. Be sure to include full names and phone numbers.
3. After you have answered all of the questions, go to [www.ahs.ca/closecontacts](http://www.ahs.ca/closecontacts), click on the **COVID-19 Close Contact Tool**, and follow instructions.

**In the two days before you became sick with COVID-19 symptoms or in the two days before you had your COVID-19 test taken, until now:**

1. Have you been within two metres of someone for a total of 15 minutes or more, including at an appointment, class or small gathering?  
Yes\_\_\_ No\_\_\_
2. Have you shared drinks, personal hygiene items, cigarettes, needles, pipes, lipstick, etc. with anyone?  
Yes\_\_\_ No\_\_\_
3. Have you had close physical contact with someone such as hugging or kissing or had a sexual encounter with anyone?  
Yes\_\_\_ No\_\_\_
4. Have you provided direct care to someone without consistent use of appropriate personal protective equipment, including a mask.  
Yes\_\_\_ No\_\_\_
5. Did someone come to your home as a guest or visitor?  
Yes\_\_\_ No\_\_\_
6. Did you go to work outside of your home?  
Yes\_\_\_ No\_\_\_
7. Have you visited anyone at a healthcare facility, including a long-term care facility?  
Yes\_\_\_ No\_\_\_
8. Have you been in a daycare or school setting?  
Yes\_\_\_ No\_\_\_
9. Have you attended a large social gathering with 10 or more people in attendance?  
Yes\_\_\_ No\_\_\_
10. Have you played any sport where you had close or continuous contact with either an individual or a team?  
Yes\_\_\_ No\_\_\_

Date	Name	Location/Address Phone Number/Email	Duration	Relationship	Age

Go to [www.ahs.ca/closecontacts](http://www.ahs.ca/closecontacts), click on the **COVID-19 Close Contact Tool** and enter the above details.