



AFTER CONTACT WITH SOMEONE WITH COVID-19

How do you know if you are at risk?

As the context evolves (number of cases, new knowledge, arrival of variants, etc.), Public Health is revising its approach to risk assessment for people who have been in contact with a COVID-19 positive person.

When a person has had contact with an infected person, Public Health determines the type of contact. Depending on the level of risk, different instructions apply:



HIGH-RISK CONTACT



MODERATE-RISK CONTACT



LOW-RISK CONTACT

Such individuals must be in strict quarantine at home for 14 days starting from the last contact with the COVID-19 positive person. Public Health will recommend testing. Even if the result is negative, individuals must remain under quarantine.

Such individuals do not need to quarantine themselves, but they should remain cautious and watch closely for symptoms. In some circumstances, Public Health will request a screening test.

Risk Levels

HOW IS THE LEVEL RISK DETERMINED?

Public Health takes into account several elements in determining risk level:

- Distance between the positive person and the person who has been in contact
- Length of contact
- Proper wearing of a high-quality mask
- Location and nature of the contact

There are three levels of risk. These are the people involved in each.

HIGH RISK

- Individual living in the same household (unless they have had no contact with the person with COVID-19)
- Family caregiver (unless the person has complied with all recommended measures while providing care)
- Individual in direct contact with the secretions of the person with COVID-19 (e.g., kissing; sexual intercourse or sharing cigarettes, vaping devices, glasses, or food)

MODERATE RISK

A person who has had any of the following contacts with a positive case:

CONTACT 1



Distance of 2 m or more from the positive person for 60 minutes or more in a crowded indoor area

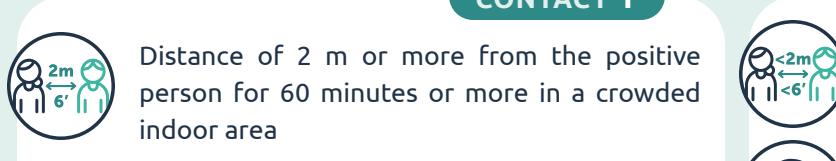


Person with COVID-19 or the person who came into contact with him/her did not wear adequately a high-quality mask throughout the entire contact

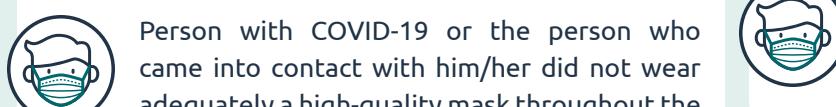


The activity is considered risky because it involves face-to-face interaction (e.g., singing, playing a wind instrument, shouting, talking loudly, engaging in strenuous physical activity, or moving around frequently)

CONTACT 2



Less than 2 m away from the positive person for 15 minutes or more (in a 24-hour period)



Person with COVID-19 or the person who came into contact with him/her did not wear adequately a high-quality mask throughout the entire contact



Less than 2 m away from the positive person for less than 15 minutes



Person with COVID-19 or the person who came into contact with him/her did not wear adequately a high-quality mask throughout the entire contact



The situation or activity is considered of higher risk such as:

- Face-to-face while talking, hugging, or kissing
- Carpooling
- Coughing or sneezing by the positive person
- Engaging in risky activities (e.g., singing, playing a wind instrument, shouting, talking loudly, engaging in strenuous physical activity, or moving around a lot)

Here are some examples:



+



Only one of the two people wears adequately a high-quality mask



MODERATE RISK



+



Both people are wearing adequately a high-quality mask



LOW RISK

LOW RISK



All other persons who have been in contact with a positive case and do not meet the criteria for moderate or high risk.

High-Quality Masks

Public Health will take into account the type of mask worn, among other information, in determining the level of risk associated with the contact with a person with COVID-19. Specifically, it will check if the mask was of good quality and was worn properly. **This applies to both the contact and the COVID-19 positive person.**

WHAT IS A HIGH-QUALITY MASK?

For the mask to be considered high quality, it must be:

- Certified under a recognized standard, such as ASTM F2100 (level 1, 2, or 3) or EN 14683 type IIR
- Certified by the Bureau de normalisation du Québec, such as bearing the BNQ 1922-900 logo

Just because you buy a disposable blue mask that looks medical doesn't mean you are automatically well protected! Check what it says on the package.

A face covering cannot be considered as a high-quality mask, since it is less effective than a high-quality mask.

HOW TO WEAR A MASK CORRECTLY



The mask must:

- cover the nose
- extend below the chin
- be replaced every four hours or as soon as it becomes damp or soiled



To reduce the risk of spread, both people must wear properly a high-quality mask.

Last update: May 2021