

When does my household need to isolate?

Close contacts are people who have shared space with a case during their period of communicability. Specifically, these are people within two metres/six feet of a case for a total of 10 minutes over a 24-hour period. This includes household members of the case.



Close contacts must self-isolate for 10 days from the date of the last exposure. They can leave self-isolation after 10 days if they don't have any symptoms of COVID-19.



If you become symptomatic during your self-isolation, you will need to get tested and continue self-isolating. If you test negative, you are still required to complete your initial self-isolation period.

EXEMPT

Close contacts who do not have symptoms and are fully vaccinated, or who have tested positive for COVID-19 and recovered within the last six months, are exempt from self-isolation*. Individuals should self-monitor for symptoms of COVID-19 for 14 days following an exposure, isolate immediately if any develop and get tested.

*As outlined by the government, students and staff who are exposed **at school** can continue to attend as long as they are asymptomatic.*

What if someone in my household is experiencing COVID-19 symptoms?

All household members, unless otherwise exempt*, must self-isolate for 10 days after their last known contact. The symptomatic individual needs to stay in their own room and, if possible, use their own bathroom and not use common areas. Exemptions from self-isolation (quarantine) are in place for asymptomatic household members if they are fully immunized for COVID-19 at the time of exposure and do not have a medical condition that would impact vaccine effectiveness, or have had a COVID-19 infection in the past 6 months.

If the symptomatic person's COVID-19 test results are negative, household members can stop self-isolating (quarantining) if no one else in the household is a case or has symptoms.

Rapid antigen tests are available at test sites for asymptomatic household contacts of someone who has tested positive for COVID-19 and who are exempt from self-isolation (quarantine).

*All close contacts who are exempt from self-isolation, particularly household contacts, need to be very cautious while the case is isolating, and avoid any non-essential visits to high-risk settings or non-essential contact with individuals at high risk for severe disease from COVID-19.

Find more details and information at: <https://www.gov.mb.ca/covid19/fundamentals/self-isolation.html>