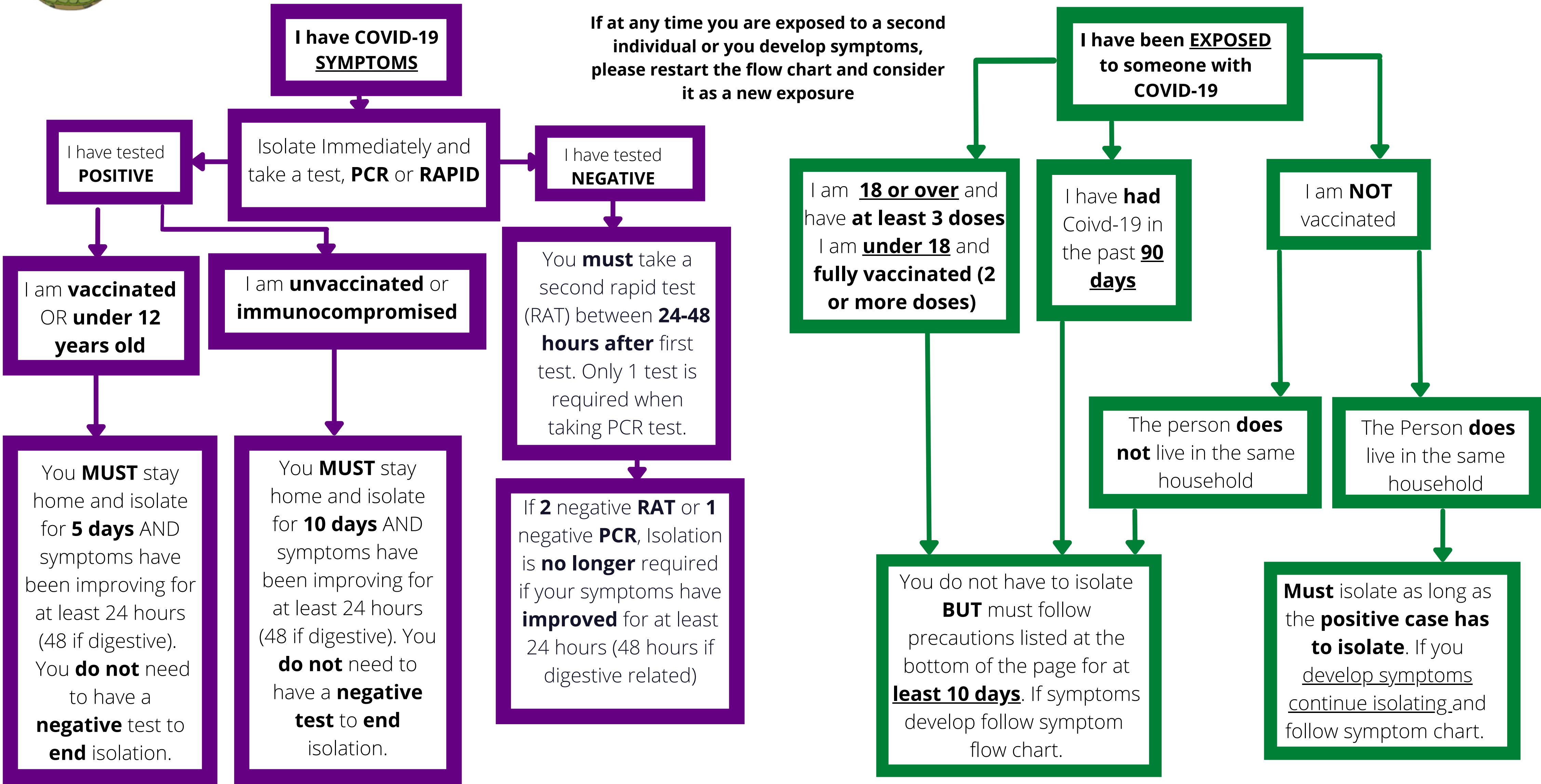




# ISOLATION AND TESTING GUIDANCE

If at any time you are exposed to a second individual or you develop symptoms, please restart the flow chart and consider it as a new exposure



**\*\*Precautions to take if you have been exposed to Covid-19 or had Covid-19\*\***

- Self-monitor for symptoms
- Wear a mask and avoid activities where mask removal would be necessary
- Not visit anyone who is at higher risk of illness (i.e. seniors)
- Not visit or attend work in highest risk settings (unless they have previously tested positive in past 90 days)

Please notify Community Health if you or someone in your household tests positive. Community Health is also here to provide guidance and answer any questions you might have.

Email- [COVID19support@mbq-tmt.org](mailto:COVID19support@mbq-tmt.org)

Text- 613-686-5510

Phone- 613-967-3603

Scan Me to Report

