

# Public Service Announcement

For immediate release: September 9, 2020

## Updated Recommendations Regarding Close Contacts of Symptomatic Individuals

NORTH BAY, ON – When someone with symptoms is tested for COVID-19, or are isolating for 14 days, self-identified close contacts do not have to self-isolate. Individuals who self-identify as a close contact of someone showing symptoms are to self-monitor for symptoms of COVID-19. Self-monitoring includes completing the COVID-19 daily screening tool and watching for any symptoms of COVID-19. If you develop any symptoms of COVID-19, self-isolate immediately and get tested. Individuals who have been in close contact with a confirmed positive case are reminded to follow the instructions of public health.

For more information please visit [myhealthunit.ca/COVID-19](https://myhealthunit.ca/COVID-19).

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