

Can I go to Guiding if...?

Our goal is to keep everyone safe and healthy. Use the chart below to answer commonly asked questions about whether you can attend in-person Guiding activities or if you should stay home.

As a reminder, individuals' privacy should be protected, and their medical information should not be shared. Public health should always be utilized for contact tracing in the event it is required.

The following chart does not override any instructions given by a doctor, medical professional or public health representative. Remember to always use the [Self-Assessment Checklist](#) before every in-person Guiding activity! Please refer to the checklist for a list of symptoms.

For the purposes of this chart, a **close contact** is defined as a person who:

- Provides care for the individual, including healthcare workers, family members or other caregivers, or who has other similar close physical contact without consistent and appropriate use of personal protective equipment; or
- Lives with or otherwise has close prolonged contact (within 2 meters) with the person; or
- Has direct contact with infectious bodily fluids of the person (e.g. was coughed or sneezed on) while not wearing recommended personal protective equipment.

| What if.... | Can I go to Guiding tonight? | When can I return to Guiding? |
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| I'm waiting for COVID-19 test results? | No Exception: You are being tested as part of a routine screening process for work. | Once you have received negative test results and have been symptom-free for 48 hours. If you have had close contact with someone who tested positive, you must wait 14 days after your last interaction with that person. |
| I have tested positive for COVID-19? | No | After you are no longer required to self-isolate by public health <u>and</u> you have been symptom free for 48 hours |

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| I received negative test results and am symptom free? | Yes Exception: If you had close contact with a person who tested positive or someone with symptoms who is awaiting a test result. | If you had close contact with a person who tested positive you must wait 14 days after your last interaction with that person. |
| I received negative test results but still have symptoms? (E.g. a runny nose) | No | 48 hours after your symptoms have cleared up, provided you have not had close contact with a person who tested positive. |
| My symptoms are a result of a known pre-existing condition? (E.g. asthma or seasonal allergies) | Yes | n/a |
| Someone who lives in my household has symptoms? | No | 48 hours after their symptoms have cleared up, provided they have not tested positive for COVID-19 and you have no symptoms of your own. |
| Someone who lives in my household has received negative test results? | Yes | n/a |
| I have had close contact with someone with symptoms (including respiratory) who has tested negative? | Yes, if you are symptom free. | n/a |
| One of my close contacts has tested positive for COVID-19? | No | 14 days after your last contact with that person |
| I am a frontline worker and work with people who have a respiratory illness or symptoms of a respiratory illness? (E.g. healthcare workers, paramedics, shelter workers etc.) | Yes | n/a |
| I or someone in my household travels internationally for work <u>and</u> has been deemed exempt from mandatory quarantine by the Government of Canada? | Yes | n/a |

