

# Instructions for individuals who tested positive for COVID-19

## Step 1: Self Isolate

Please visit the City of Hamilton website for detailed instructions on [how to self-isolate](#). This includes:

- Staying home, do not go to work or school
- Avoid contact with others
- Where possible, stay in a separate room in your house and use a separate bathroom
- If you are required to share spaces with others:
- Wear a mask that covers your mouth and nose
- Maintain a physical distance of at least 6 feet/2 meters
- Frequently wash your hands
- Clean high touch surfaces (lights, doorknobs, taps, counters etc.)

## Step 2: Inform close contacts and advise them to self-isolate

Information on [close contacts](#) can be found on the City of Hamilton website. Close contacts are individuals who:

- You live with or provide care in the same home
- You were within 6 feet/2 metres of
- You had multiple close encounters with over a 24-hour period
- You had close, physical contact with, such as a hug

You should inform close contacts to self-isolate. Close contacts are the individuals who meet the criteria above AND who you have been in contact with up to 48 hours before you started to develop COVID-19 symptoms OR 7 days before you received your positive result (if you do not have symptoms). You can guide them to read this page on the City of Hamilton website – [Have symptoms or been exposed to COVID-19?](#)

## Step 3: Wait to receive call from Public Health Services

Public Health Services will contact individuals who have tested positive for COVID-19. Due to the high volume of positive results in Hamilton this call may be delayed.

Should you have any other questions while you are in self-isolation please:

- Visit <https://www.hamilton.ca/coronavirus> and <https://www.publichealthontario.ca/>
- Call the City of Hamilton, COVID hotline: 905-974-9848
- Email [phscovid19@hamilton.ca](mailto:phscovid19@hamilton.ca)