

Exposure assessment (excluding school cohorts and health care providers)

Interaction	Physical Distancing ¹	Venue	Personal Protective Equipment	Recommendation
Longer than 15 minutes ²	Yes	Outdoor/indoor	Regardless of PPE worn by the case and contact, if physical distancing of at least 6 feet or 2 metres was maintained, the exposure would be considered low risk.	Self-monitor ³ (low risk)
Longer than 15 minutes	No	Open/outdoor	The case or the contact properly wore a medical mask (covering mouth and nose, wire moulded around nose). The case wore a non-medical mask or no mask. The contact wore BOTH a medical mask and eye protection AND the contact properly removed their PPE and discarded/disinfected it appropriately. ⁴	Self-monitor (low risk)
			The case wore a non-medical mask or no mask and the contact did NOT wear both a medical mask and eye protection.	Self-isolate ⁵ (high risk)
		Confined/ indoor	The case and/or the contact ONLY wore a mask (medical or non-medical) or no mask at all.	Self-isolate (high risk)
			The case did not wear a mask. The contact wore both a medical mask and eye protection.	Self-isolate (high risk)
			The case wore a medical mask. The contact wore BOTH a medical mask and eye protection.	Self-monitor (low risk)
		Direct exposure to body fluids regardless of duration ⁶ , e.g. being coughed or sneezed on	No	Outdoor or indoor

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- ¹ Physical distancing is considered a minimum of 6 feet or 2 metres.
- ² The exposure is cumulative i.e. a single exposure of 15 min or more or multiple short interactions adding up to 15 min or more.
- ³ Persons who are self-monitoring can resume activities as usual while closely observing themselves for symptoms of covid, including very mild symptoms.
- ⁴ Review with staff how they wore and handled their PPE. Masks are to be stored appropriately when not being worn (i.e. in plastic container with lid) or discarded after becoming soiled, damp, or damaged (fabric masks are to be laundered). Re-useable eye protection is to be properly cleaned and disinfected after each use. It is important that staff perform hand hygiene after they have touched or handled their mask and/or eye protection. If PPE is not properly handled it increases the exposure risk for staff.
- ⁵ Persons who are self-isolating are to stay home and indoors for 14 days. They are not to attend work, school, or any other public places.
- ⁶ This includes sharing drinks, cigarettes or vapes.

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