

# Community Exposure Assessment (excluding health care providers)

Duration of interaction <sup>1</sup>	Physical distance >2 metres maintained <sup>2</sup>	Ventilation <sup>3</sup>	Source control and PPE	Risk assessment
<15 minutes (except for very brief interactions such as passing by someone)	No	Regardless of ventilation	Case and contact are both wearing masks (cloth or medical); <b>OR</b> Case is wearing both a mask (cloth or medical) and a face shield <sup>4</sup> regardless of PPE worn by contact; <b>OR</b> Contact is wearing both a mask and eye protection regardless of PPE worn by case	Low risk (self-monitor) <sup>5</sup>
			Either case or contact is not wearing a mask	High risk (self-isolate) <sup>6</sup>
	Yes	Regardless of ventilation	Regardless of PPE worn by either case or contact	Low risk (self-monitor)
15 minutes – 1 hour	No	Well ventilated	Case and contact are both wearing masks (cloth or medical); <b>OR</b> Case is wearing both a mask (cloth or medical) and a face shield regardless of PPE worn by contact; <b>OR</b> Contact is wearing both a mask and eye protection regardless of PPE worn by case	Low risk (self-monitor)
			Either case or contact is not wearing a mask	High risk (self-isolate)
		Poorly ventilated	Regardless of PPE worn by either case or contact	High risk (self-isolate)
	Yes	Well ventilated	Regardless of PPE worn by either case or contact	Low risk (self-monitor)
			Case and contact are both wearing masks (cloth or medical); <b>OR</b> Case is wearing both a mask (cloth or medical) and a face shield regardless of PPE worn by contact; <b>OR</b> Contact is wearing both a mask and eye protection regardless of PPE worn by case	Low risk (self-monitor)
		Poorly ventilated	Either case or contact is not wearing a mask	High risk (self-isolate)

## COVID-19 Info-Line

905-688-8248 press 7 Toll-free: 1-888-505-6074 [niagararegion.ca/COVID19](https://niagararegion.ca/COVID19)

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Duration of interaction <sup>1</sup>	Physical distance >2 metres maintained <sup>2</sup>	Ventilation <sup>3</sup>	Source control and PPE	Risk assessment
Longer than 1 hour <sup>7</sup>	No	Regardless of ventilation	Regardless of what PPE was worn by contact or case	High risk (self-isolate)
	Yes	Well ventilated	Case and contact are both wearing masks (cloth or medical); <b>OR</b> Case is wearing both a mask (cloth or medical) and a face shield regardless of PPE worn by contact; <b>OR</b> Contact is wearing both a mask and eye protection regardless of PPE worn by case	Low risk (self-monitor)
			Either case or contact is not wearing a mask	High risk (self-isolate)
		Poorly ventilated	Regardless of what PPE was worn by contact or case	High risk (self-isolate)
Direct physical contact (eg. Hugging) and/or exposure to bodily fluids and/or sharing of objects, regardless of duration	No	Regardless of ventilation	Regardless of what PPE was worn by contact or case	High risk (self-isolate)

1. Exposure is cumulative (eg. A single exposure or 15 minutes = multiple short interactions adding up to 15 minutes)
2. Physical distancing is considered a minimum of 2 metres.
3. Well ventilated includes outdoor spaces, large rooms (even if not equipped with a good ventilation system), or smaller rooms with windows open or otherwise equipped with a good ventilation system. Poor ventilation is considered small rooms without windows open and not otherwise equipped with a good ventilation system.
4. Individuals who are wearing a face shield instead of another form of eye protection are less likely to touch their mask and contaminate their hands. It also provides an added barrier in front of the nose and mouth which improves source control.
5. Persons who are self-monitoring can resume activities as usual while closely observing themselves for symptoms of COVID-19, including very mild symptoms. They should be instructed to isolate immediately if they develop symptoms and to be tested as soon as possible.
6. Persons who are self-isolating are to stay at home for 14 days. They are not to attend work, school or any other public places. If a person has had a high-risk exposure but is fully vaccinated (i.e. it has been more than 2 weeks since completing the vaccination series), they may not need to self-isolate unless they become symptomatic. Testing on day 10 after the last exposure is strongly recommended or sooner if they become symptomatic.
7. Also applies to a scenario where a case is in a space for greater than 1 hour, and is then joined by the contact for 15 minutes or longer. This is due to the potential build up of aerosols in the air, which increases the risk to the contact.