

People at the highest risk of catching COVID-19 include someone who:

- Is a household contact of someone who has COVID-19
- Has spent a lot of time with someone who has COVID-19 (e.g. stayed at their house or went on a long car trip together).

These people are at high-risk and must take a COVID-19 test as soon as they are told by the person who has COVID-19. They must isolate for 7 days from the day they saw the COVID-19 positive person and have a negative test result and no symptoms on day 6 before leaving isolation on day 7.

You should assess your personal risk and circumstances to determine whether you are at high risk and need to isolate for 7 days.

Ask yourself the following questions:

- How much time did I spend with the COVID-19 positive person, and how closely did we interact?
- Did we spend time together outdoors or indoors?
- Were we both wearing masks? Or just one of us, or neither of us?
- Do I live or work with any vulnerable/high risk people? This could include the elderly or people who are immunocompromised

More information: <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/people-exposed-to-covid.aspx>