

From: covid19closecontacts@gov.bm

Subject: GOVERNMENT OF BERMUDA: COVID-19 Close Contact Notification

Dear <First Name> <Last Name>

This is a notification from the Government of Bermuda's contact tracing team that **you have been identified as a close contact of someone who has recently tested positive for COVID-19.**

A Close contact is a person who has touched someone who became positive (e.g., for a hug) or has been closer than 6 feet from the positive individual for 15 minutes or more:

- 2 days before your positive COVID-19 test if you have no symptoms, or
- If you have symptoms, 2 days before your symptoms started.

In accordance with the Public Health Act 1949 and Public Health (COVID-19) Regulations 2020, you must follow the Public Health Measures for positive COVID-19 test:

1) Quarantine Immediately

- You are directed by the Chief Medical Officer to quarantine at home:
 - If you are fully immunized (2 doses + 2 weeks) your quarantine is 10 days from today.
 - IF you are NOT immunized your quarantine is 14 days from today.
- You must not allow visitors into your home
- For tips on how to care for yourself and others while in quarantine please go to: <https://www.gov.bm/quarantine-contact-tracing>

2) Get Tested if you have Symptoms

If you develop COVID-19 symptoms during your quarantine, please go get tested.

Book a test

- You can book a test at one of the Bermuda Government testing sites at <https://bdagovcovid.resqwest.com/web/>. Priority for testing will be given to cases and close contacts.
- Alternatively, you can book a test through a private lab or speak to your doctor about whether they have a testing program at their office.

3) Book your quarantine release test

COVID-19 Testing and Release from quarantine

- Release from quarantine requires you to have a negative COVID-19 test:
 - on day 10 if fully Immunized,
 - on day 14 if NOT immunized.
- Having a negative test **before** the end day of quarantine will not release you

sooner.

- Please see “get tested” section above for advice on how to book your release test.

4) Download and Monitor your WeHealth App

- To assist Bermuda in notifying our community when they have been exposed to COVID, please consider downloading Bermuda’s new COVID-19 Exposure Notification app, WeHealth. To find out more, click here:
<https://www.gov.bm/wehealth-bermuda>
- Should you receive a high or low risk exposure notification on your WeHealth app, you must legally abide by the instructions in the exposure notification as these are based on the Ministry of Health guidance as required by the Public Health (COVID-19) Regulations 2020.

Please note that you may not be contacted by a public health official during your quarantine. This notification process has been put in place due to the high volume of positives and close contacts currently in Bermuda.

Should you be identified as a close contact of more than one person, you may receive more than one close contact email notification. Please follow guidelines based on your first email notification.

Offences

It is an offence if you fail to comply with a restriction or requirement imposed under these Regulations:

[http://www.bermulaws.bm/laws/Annual%20Laws/2020/Statutory%20Instruments/Public%20Health%20\(COVID-19\)%20Regulations%202020.pdf](http://www.bermulaws.bm/laws/Annual%20Laws/2020/Statutory%20Instruments/Public%20Health%20(COVID-19)%20Regulations%202020.pdf)