

COVID-19

Contact Tracing: Preventing Spread

CONTACT TRACING is a process used to identify and monitor people who have had close contact with someone known to be infected with COVID-19.

These people have a higher risk of becoming infected too, and spreading the virus to others.

CONTACT TRACING helps people understand their risk and limit further spread of the virus through self-isolation for **close contacts**.

PREVENTION:

Clean Your Hands

Wash hands for 20–30 seconds with soap and water, or rub hands with alcohol-based sanitizer.

Cough or sneeze into a tissue, elbow, or wear a protective mask. Avoid touching your face.

TAKING CARE:

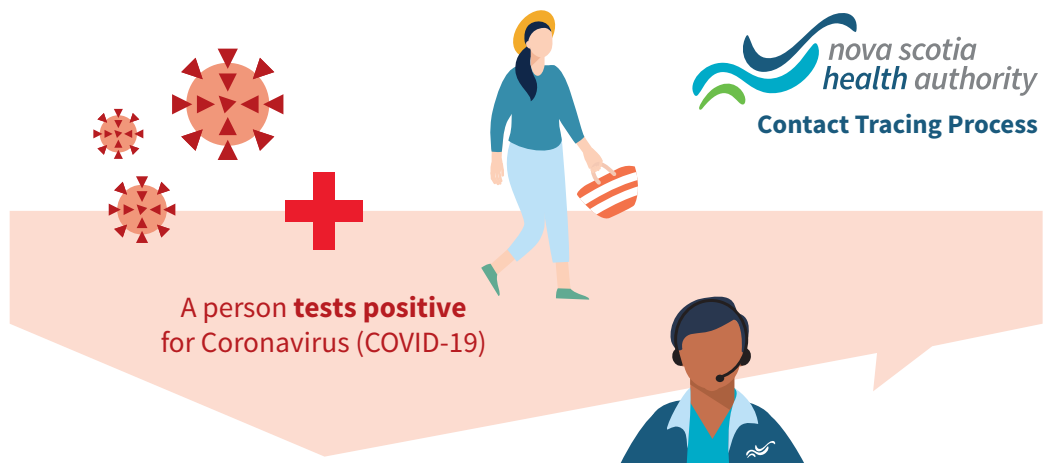
Look Out For Each Other

Keep in touch by phone, video, or social media — Is everyone okay? Do they need anything? Are they coping? — For some people, you may be the **ONLY** person they can depend on.



Do you need anything?

Are you okay?



A **Public Health nurse** contacts the person to identify anyone who they had contact with beginning 48-hours before symptom onset or 48-hours before test was taken if person had no symptoms.

Assessment of each person is done. Each assessment is then sorted into a risk category.



LOW RISK

Low Risk Contact is a Person Who Has:

- Had simple interactions like walking by a person, being in the same room for a brief time, or stayed far apart.

Actions:

- No extra measures are required.

MODERATE RISK

Moderate Risk Contact is a Person Who Has:

- Been caring for a person using appropriate precautions.
- Spent time with a person, but not within two metres.

Actions:

- Monitor for 14 days.
- Avoid close contact with anyone at higher risk.
- Contact 811 immediately if symptoms develop.

HIGH RISK = CLOSE CONTACT

High Risk Contact is a Person Who Has:

- Had close contact (within 2 metres).
- Been caring for a person without consistent use of precautionary measures.
- Had direct contact with bodily fluids.

Actions:

- Isolate for 14 days. Monitor symptoms daily and keep record of temperature.
 - Testing is arranged. Follow-up direction is provided.
 - Negative test result: continue 14-day isolation if tested because of travel or referred by Public Health;
- Positive test: added as new COVID-19 case. Start **Contact Tracing** process.