



COVID-19 and CONCECS

What do you need to know?



What's a contact? Contacts are all of the people you interact with.

This can include:

Family members

Coworkers

Close friends



High risk contacts are people you are in close proximity to, who you spend more than 10 minutes with.



High risk contacts are people you are in close proximity to, who you spend more than 10 minutes with.

Low risk contacts are people who you spend less than 10 minutes with, who you are not in close proximity to (like someone you cross in the street).



What is contact tracing?

Contact tracing is used by healthcare workers to slow the spread and break transmission of COVID-19.

It all begins when someone tests positive for COVID-19.



Contact Tracing Timeline

3

Patient tests positive for COVID-19.

Health care worker asks patient questions to create a list of their contacts.

2

Health care worker reaches out to these contacts, asks them questions about their symptoms and exposure.

Contact tracing continues until transmission has been broken. and all cases of COVID-19 have been isolated.

Contacts will be given instructions to follow. which may include testing.

5 If one of these contacts tests positive for COVID-19, then contact tracing starts again.



Things to remember if you're a contact:

- You will be contacted by your health centre and notified of what steps you need to follow. If you are told to isolate, isolate.
- Your information is confidential. It's important to be honest when answering questions.
- It's important to pick up the phone and cooperate with health care workers. The faster that contact tracing can be done, the faster that COVID-19 can be contained.



We all have a part to play in breaking the transmission of COVID-19.

Your Actions. Everyone's Health.

