



# COVID-19 and contacts



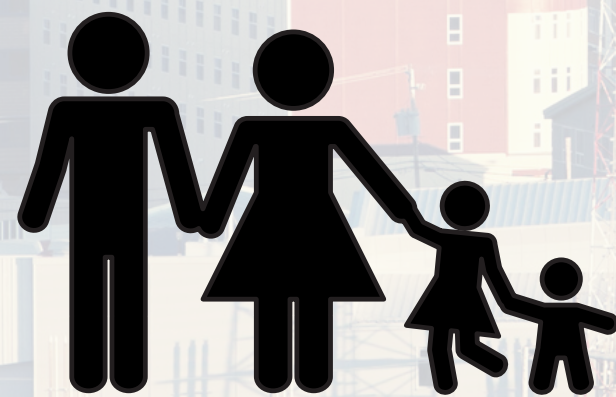
What do you need to know?



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).



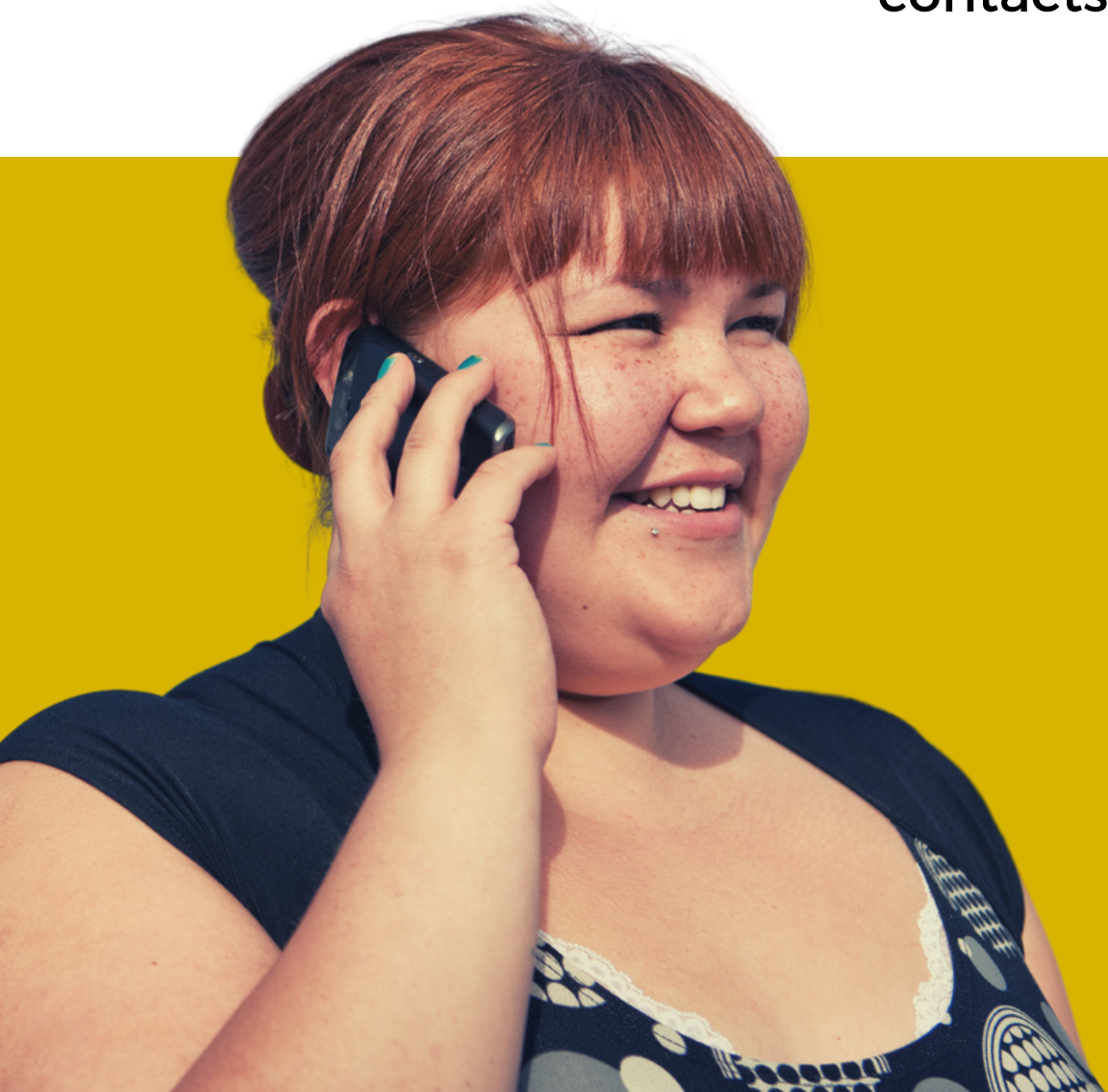
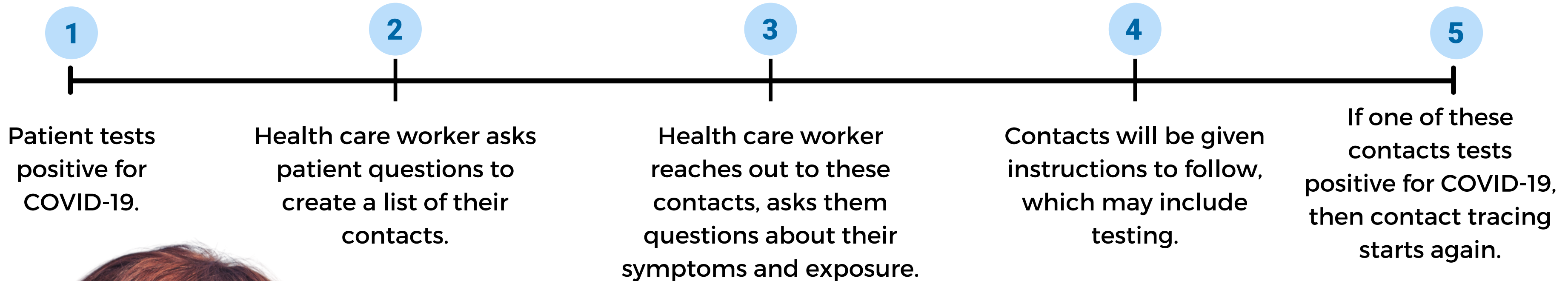
# What is contact tracing?

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



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



# 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.**

