



## **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.



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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.

