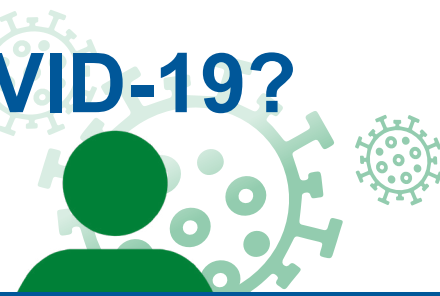


Positive test result for COVID-19?

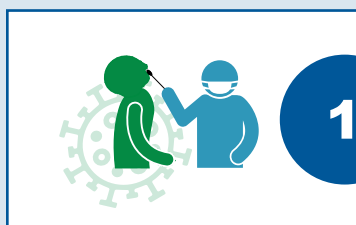
If your test result for COVID-19 is positive, Northern Health's public health team or a designated community health nurse will try to call you within 3 days.



Why does public health call?

Public health calls to support you and gather information to help reduce the spread of COVID. This may involve several phone calls, and we ask for your patience and understanding. Although optional, the information you share with public health is confidential and helps reduce the spread of COVID.

How it works:

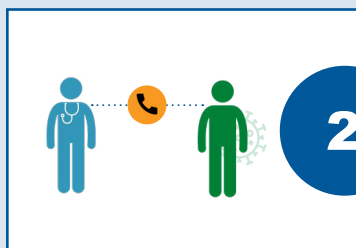


Alex gets a COVID-19 test. Alex gets the notification by text that the result is positive – Alex has COVID-19.

Alex continues to self-isolate, and tells their household, family, and social close contacts.

This resource helps Alex and their close contacts know what to do:

[Guidelines for COVID-19 cases and contacts in the Northern Health region](#)



Northern Health public health calls Alex to:

- Provide information on how to self-isolate and for how long
- Connect Alex to self-isolation supports if needed
- Gather information that will help reduce the spread of COVID
- Determine if Alex has been in a **priority setting**
 - **If yes**, then Alex's close contacts are identified and notified by public health – this is **contact tracing**

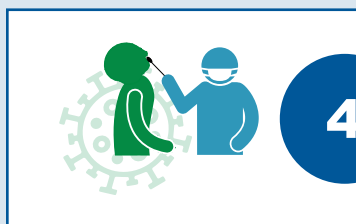
What can Alex do to prepare for the call? →



If Alex has been in a **priority setting**, public health calls all Alex's close contacts to:

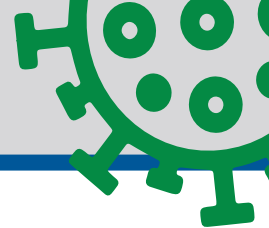
- Inform them they were exposed to COVID
- Ask them to either **self-isolate** and or **watch for symptoms**, depending on their vaccination status

If Alex is not in a priority setting, Public Health will inform Alex how to notify their close contacts.



If any of Alex's close contacts develop symptoms and **test positive** for COVID-19, public health or a designated community health nurse will try to call them within 3 days.





Who is a close contact?

A close contact is generally someone who has been near a person with COVID-19 for at least 15 minutes when health and safety measures were not in place or were insufficient. This includes up to two days before someone develops symptoms. For more information: [BCCDC Close Contacts](#).

Offer supports and gather information

To support you and gather information to prevent the spread of COVID, public health will ask questions about:

- Your symptoms
- Your health status
- Supports to help you isolate
- What community you plan to self-isolate
- Where you have been, whether in your home community or elsewhere, in the two weeks before your symptoms
- Where you might have been exposed to COVID

Contact tracing

If you were in a **priority setting** (for example: health care or long-term care, First Nations community, K-12 school, childcare), public health will ask for the name, phone number, last date of exposure, location of exposure, and (if possible) the date of birth and home community for each of your close contacts. To prepare for contact tracing, consider these questions for the 2 days before your symptoms started to now:

- Did you have people in your home?
- Is there anyone you socialized with?
- Who did you visit?
- Did you travel?
- Did you take part in any group activities or events?
- Do you come in close contact with others at work?
- Did you attend any appointments?

Stay COVID safe



Wash your hands often (for at least 20 seconds with soap and water), or use hand sanitizer.



Avoid touching your face.



Stay 2 metres (6 feet) away from other people.



If you have to cough or sneeze, do it into your elbow. Remember to wash your hands afterwards.



If you use a tissue, throw it away as soon as possible, then wash your hands.



Wear a mask in indoor public spaces if you are 12 years or older.