Positive test result for COVID-19?

If your test result for COVID-19 is positive, within a day or two you will receive a phone call from Northern Health public health.

Why does public health call?

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.

1. Alex gets a COVID-19 test. It comes back positive – Alex has COVID-19 and gets the notification by text.

2. Northern Health public health calls Alex to:
   - Confirm that Alex has COVID-19
   - Provide information on how to self-isolate and for how long
   - Connect Alex to additional supports
   - Gather information that will help reduce the spread of COVID
   - Identify Alex’s close contacts – this is called contact tracing

   **What can Alex do to prepare?** See over.

3. Northern Health public health calls all of Alex’s close contacts to:
   - Inform them they have been exposed to COVID
   - Ask them to self-isolate for 14 days **whether they have symptoms or not**

4. If any of Alex’s contacts test positive for COVID-19, they are called by public health, and their contacts are traced and notified.
### 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.**
- **Wear a mask in indoor public spaces.**
- 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.

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#### 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](https://www.bccdc.ca/COVID-19).

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#### Offer supports and gather information

In order 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

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#### Contact tracing

For each of Alex’s close contacts, 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. To prepare for contact tracing, consider these questions for the time frame of 2 days before symptom onset to now:

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

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For more information, visit [bccdc.ca/covid19](https://www.bccdc.ca/COVID-19), call the Northern Health Virtual Clinic at 1-844-645-7811, or call HealthLinkBC at 811.