What’s contact tracing?
As of December 10, Northern Health is doing contact tracing for high-risk groups only. We’re asking people in low-risk groups who test positive to tell their contacts themselves.

How does contact tracing work? Follow Fred’s journey.
Fred is a Northerner with a young family. A few days after a shopping trip to a nearby town, Fred starts to feel sick. He works in an industrial camp, so he’s considered high-risk.

Who’s considered high-risk? See over.

1. Fred gets a COVID-19 test. It comes back positive – Fred has COVID-19.

2. A Northern Health nurse, Megan, calls Fred to let him know he has COVID-19. Fred’s job puts him in the high-risk group, so Megan must trace all his contacts.

3. Megan tells all Fred’s close contacts to self-isolate for 14 days – whether they have symptoms or not. Fred can tell people he has COVID-19.

4. I’m not a close contact – do I still need to isolate? No, you don’t – see over for details.

What if someone is NOT high-risk? See over.

If any of Fred’s contacts test positive for COVID-19, Northern Health starts the contact tracing process again for that person’s contacts.

*A close “contact” is anyone who spent more than 15 minutes within 2 metres (6 feet) of someone who tested positive, during the time when that person was infectious.
More about contact tracing

I’m not a close contact – do I need to self-isolate?

If you were in contact with a person who has COVID-19, but …

• You spent less than 15 minutes with them or
• You were farther away than 2 metres (6 feet) or
• It was before they were contagious (which is 2 days before they noticed symptoms)

...then you don’t need to do anything special. **You don’t need to self-isolate.**

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.

Who’s considered high-risk?

High-risk groups include:

- People who live in First Nations communities (on-reserve)
- Health care facility workers
- Industrial camp workers
- Long-term care residents and staff
- People who are part of a known cluster/outbreak
- Students, educators and staff in K-12 schools
- Indigenous people living off-reserve
- People in group housing (group homes, assisted living, seniors’ residences, shelters)
- Vulnerable populations (substance use, unsheltered/underhoused, no phone)
- Seniors over the age of 65
- Children and staff in child care

What if someone is not high-risk?

• If you test positive for COVID-19 and you’re not in a high-risk group, Northern Health will call you to let you know, and they’ll also let you know when your isolation period is over.
• Northern Health may ask you to let your close contacts know – we’ll tell you what to say.
• You’re encouraged to reach out to your family doctor or nurse practitioner. If you don’t have one, you can call the NH Virtual Clinic at 1-844-645-7811.

For more information, visit bccdc.ca/covid19, call the Northern Health Virtual Clinic at 1-844-645-7811, or call HealthLinkBC at 811.