

What's contact tracing?

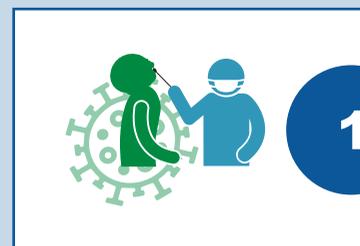
As of December 10, Northern Health is doing contact tracing for high-risk groups only. We're asking people in low-risk groups who test positive to tell their contacts themselves.



How does contact tracing work? Follow Fred's journey.

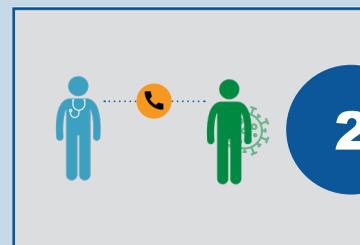
Fred is a Northerner with a young family. A few days after a shopping trip to a nearby town, Fred starts to feel sick. He works in an industrial camp, so he's considered high-risk.

Who's considered high-risk? See over.



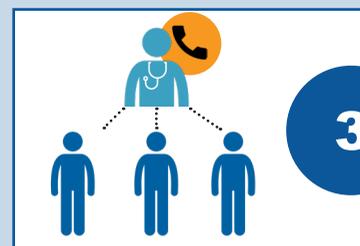
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Fred gets a COVID-19 test. It comes back positive – Fred has COVID-19.



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.



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.



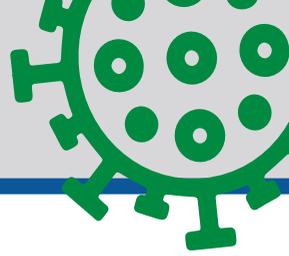
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If any of Fred's contacts test positive for COVID-19, Northern Health starts the contact tracing process again for *that* person's contacts.



*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.**

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.

Stay COVID-safe:



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



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



Avoid touching your face.



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



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



Wear a mask in indoor public spaces.

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