1. To help prevent the virus from spreading, Northern Health staff trace the contacts of everyone in a high-risk group who tests positive for COVID-19
   - High-risk groups include First Nations communities; students, educators, and staff in K-12 schools; health care workers; residents and workers in long-term care; industrial camp workers; and cases that are part of a known cluster or outbreak.
   - 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.

2. Northern Health staff follow up to make sure that:
   a. The contacts self-isolate
   b. If close contacts develop any symptoms, they get tested

3. 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. You won’t get daily check-in calls, and your contacts won’t be traced. 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.
- 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.

Contact tracing: It helps keep us all safe!

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

First Nations Health Authority
Health through wellness

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