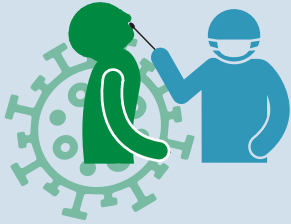


# What's contact tracing?

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.



## 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.



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.

## Contact tracing: It helps keep us all safe!

For more information, visit [bccdc.ca/covid19](https://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

Updated January 4, 2021  
10-800-6054 (IND 01/21)



**northern health**  
the northern way of caring