# What's contact tracing?

When a person tests positive for COVID-19, someone from Northern Health will contact them to get a list of the people they've been in contact with.

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

Fred is a Northern mill worker with a young family. A few days after a shopping trip to a nearby town, Fred starts to feel sick.

1 Fred gets a COVID-19 test. It comes back positive – Fred has COVID-19.
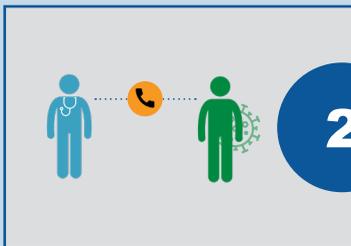
2 A Northern Health nurse, Megan, calls Fred to get a list of all the people he's been in contact with. This means people who were **within 6 feet** of Fred for **more than 15 minutes**, starting from **2 days before** he first had symptoms.
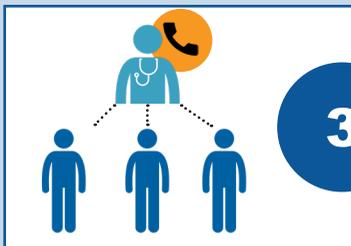
3 Megan tells all Fred's contacts to self-isolate for 14 days – **whether they have symptoms or not**. *Fred can tell people he has COVID-19, but he shouldn't do his own contact tracing.*

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

4 Each day, Megan phones Fred's contacts to see how they're feeling. If they have COVID-19 symptoms, they can get tested.
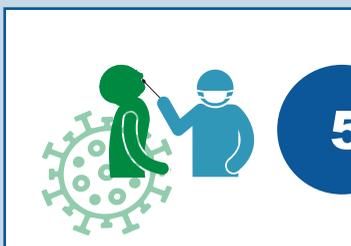
5 If any of Fred's contacts test positive for COVID-19, Northern Health starts the contact tracing process again for *that* person's contacts.

First Nations Health Authority
Health through wellness

northern health
the northern way of caring

More about contact tracing
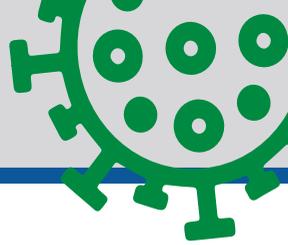
I'm not a contact – do I need to self-isolate?

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 is a contact? Examples: Fred found out today that he has COVID-19.

Susan visited with Fred for half an hour the day before yesterday. They were about 8 feet (2.5 m) apart the whole time.
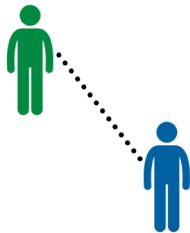
Is Susan one of Fred's contacts?

No. Because she was more than 2 m away from Fred, Susan is not a contact, and she doesn't need to self-isolate.

Mike hung out with Fred yesterday for 5 minutes.

Is Mike one of Fred's contacts?

No. Because he spent less than 15 minutes with Fred, Mike is not a contact, and he doesn't need to self-isolate.

Sharon went for a walk with Fred 3 weeks ago.

Is Sharon one of Mike's contacts?

No. Because the walk happened before Fred was contagious, Sharon is not a contact, and she doesn't need to self-isolate. People are contagious starting two days before they first show symptoms.

Fred gave Joseph a ride downtown yesterday. The drive took 10 minutes.

Is Joseph one of Fred's contacts?

Yes. The drive was short, but they were closer than 2 metres (6 feet), and Fred is contagious. **Joseph should self-isolate**. A Northern Health nurse will call him each day to see if he has COVID-19 symptoms.

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.

When in public, the expectation is that you wear a mask.

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