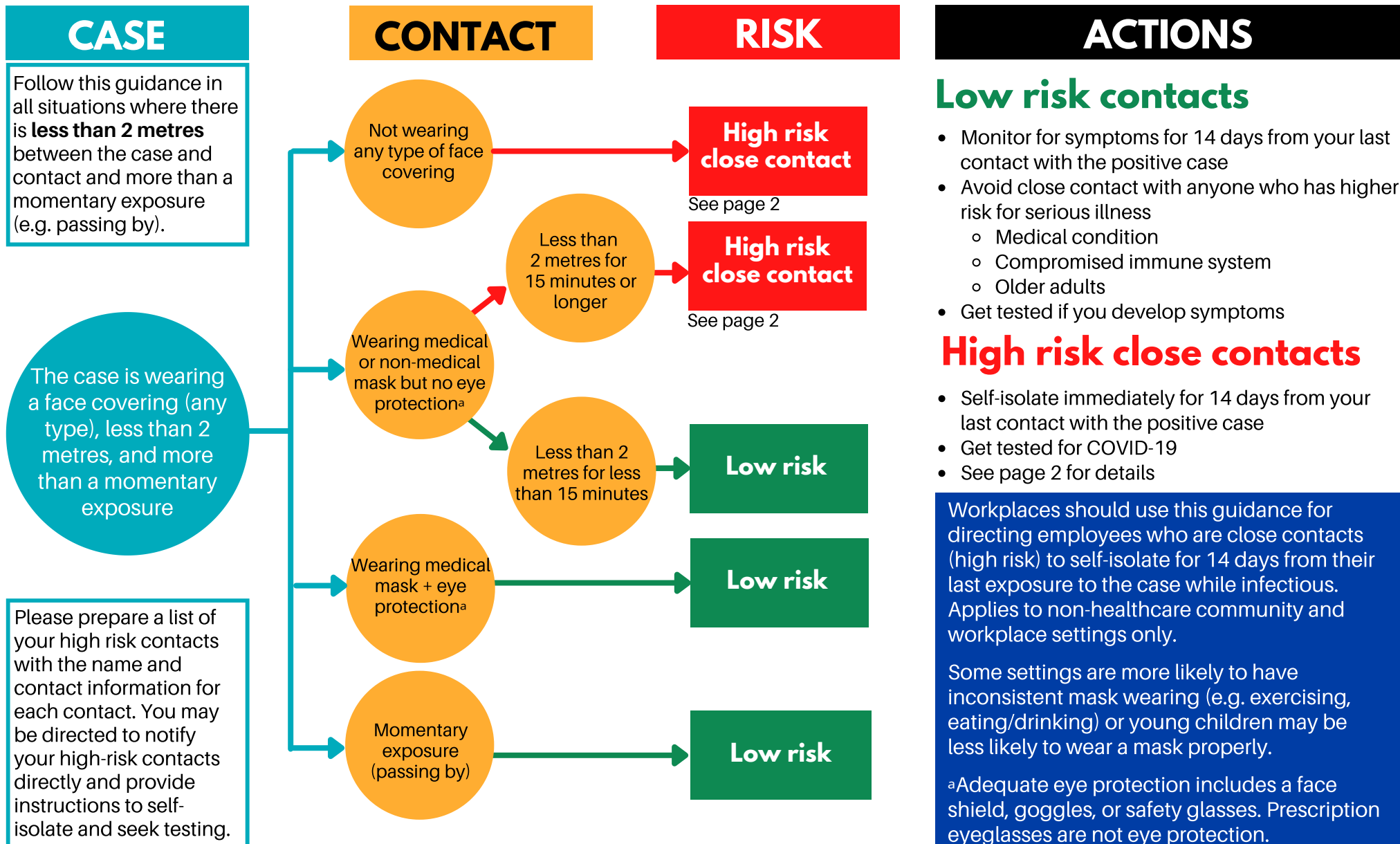


COVID-19 Contact Tracing

Contact tracing identifies anyone who you had high risk contact with beginning **48 hours** before your symptoms started (or 48 hours before you were tested if you had no symptoms), up until you started self-isolating. Public Health will contact all positive cases. **These are general guidelines and actual Public Health direction may vary in specific situations.** For more info visit regionofwaterloo.ca/COVID19



COVID-19 Contact Tracing

CASE

Follow this guidance in all situations where there is **less than 2 metres** between the case and contact and more than a momentary exposure (e.g. passing by).

The case is not wearing any type of face covering, less than 2 metres, and more than a momentary exposure

Please prepare a list of your high risk contacts with the name and contact information for each contact. You may be directed to notify your high-risk contacts directly and provide instructions to self-isolate and seek testing.

CONTACT

Not wearing any type of face covering

Wearing non-medical mask regardless of eye protection^a

Wearing medical mask only

Wearing medical mask + eye protection^a

Momentary exposure (passing by)

RISK

High risk close contact

High risk close contact

High risk close contact

Low risk

Low risk

See page 1

See page 1

ACTIONS

High risk close contacts

- Self-isolate immediately for 14 days from your last contact with the positive case
 - Do not return to work
 - Limit interactions with household members
 - Isolate in a separate room or bedroom if possible
 - Disinfect shared spaces after each use
 - Wear a medical mask
- Get tested for COVID-19
 - Get tested at 7 days or later after your last contact with the positive case
 - If you are tested before 7 days, get a repeat test at 10 days or later after your last contact with the positive case
 - If you develop symptoms, get tested immediately
 - In the context of an outbreak, Public Health may advise you to test immediately and again at day 10 or later of your isolation period, if your initial test is negative
- If your result is negative, you must continue to complete the full 14-day isolation period
- If your test result is positive, continue to self-isolate. **Public Health will contact you.**
 - Prepare a list of your high risk contacts, including contact information
- Tell your household members to stay home except for essential reasons (e.g. work/school/childcare, groceries, medical appointments) and to self-isolate if they develop symptoms.