

# COVID-19 Contact Tracing

Contact tracing identifies anyone who you had **high risk contact** with beginning 48 hours before symptoms started (or 48 hours before you were tested if you had no symptoms), up until you started self-isolating. To assist with contact tracing, 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.

**Public Health will contact all positive cases.** For more info visit [regionofwaterloo.ca/COVID19](https://regionofwaterloo.ca/COVID19)

## Low risk contact - points to consider

- Spent less than 15 minutes together
- Practiced physical distancing
  - More than 2 metres or separated by physical barriers (e.g. plexiglass)<sup>a</sup>
- Consistent and appropriate use of masks (medical or non-medical)<sup>b</sup> by both the positive case and the contact likely reduces the risk of exposure when physical distancing is not practiced consistently

### Actions

- Monitor symptoms for 14 days from your last contact with the positive case
- Avoid close contact with anyone who has higher risk for serious illness
  - Medical condition
  - Compromised immune system
  - Older adults
- Get tested if you develop any symptoms

## High risk (close contact) - points to consider

- Spent more than 15 minutes together
  - including shorter, repeated interactions where physical distancing was not maintained without wearing masks or separated by a physical barrier (e.g. plexiglass)
- Less than 2 metres (for more than 15 minutes)
  - Case or contact not wearing a mask (medical or non-medical) consistently and appropriately<sup>b</sup> and not separated by a physical barrier (e.g. plexiglass)<sup>a</sup>

### Actions

- 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 share spaces after each use
  - Wear a medical mask
- Get tested for COVID-19
- If your result is negative, you must continue to complete the 14 day isolation period
  - It can take up to 14 days for symptoms to develop
- If your test result is positive, continue to self-isolate Region of Waterloo Public Health will contact you.
  - Prepare a list of your high risk contacts, including contact information

This guidance applies to non-healthcare community and workplace settings only. This guidance does not apply to healthcare, childcare or school settings.

<sup>a</sup> Where physical barriers are used, physical distancing and masks should still be in place to the extent possible. Physical distancing and masks are always preferable to the use of barriers where possible.

<sup>b</sup> Some settings are more likely to have inconsistent mask wearing (e.g. eating/drinking, exercising) or young children may be less likely to wear their mask properly.