

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

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 wearing a face covering (any type), 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 RISK Not wearing High risk any type of face close contact covering See page 2 Less than High risk 2 metres for close contact 15 minutes or longer See page 2 Wearing medical or non-medical mask but no eve protectiona Less than 2 Low risk metres for less than 15 minutes Wearing medical Low risk mask + eve protectiona Momentary Low risk exposure (passing by)

ACTIONS

Low risk contacts

- Monitor for 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 symptoms

High risk close contacts

- Self-isolate immediately for 14 days from your last contact with the positive case
- Get tested for COVID-19
- See page 2 for details

Workplaces should use this guidance for directing employees who are close contacts (high risk) to self-isolate for 14 days from their last exposure to the case while infectious. Applies to non-healthcare community and workplace settings only.

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

^aAdequate eye protection includes a face shield, goggles, or safety glasses. Prescription eyeglasses are not eye protection.



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 RISK High risk Not wearing any type of face close contact coverina Wearing non-High risk medical mask close contact regardless of eye protectiona Wearing **High risk** medical mask close contact only Wearing Low risk medical mask + eye protectiona See page 1 Momentary Low risk exposure (passing by) 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 selfisolate. **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.