

PREVENTING SPREAD

CONTACT TRACING is a process used to identify and monitor people who have been in contact with someone known to be infected with COVID-19.

These people (known as contacts) are at risk of becoming infected and spreading the virus to others.

CONTACT TRACING helps these people understand their risk. It also helps them limit further spread of the virus by getting tested and **self-isolating**.

PREVENTION

Practice **physical distancing** by staying 2 metres (a little over 6 feet) away from others.

Wear a **cloth mask** if physical distancing is difficult to maintain. It is mandatory to wear a mask in many indoor public spaces.

Wash your hands often with soap and water or use an alcohol-based hand sanitizer – only touch your eyes, nose, or mouth with freshly cleaned hands.

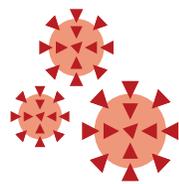
Limit the spread of germs by covering your mouth and nose with a tissue or cough into your upper sleeve or arm, not your hand.

TAKE CARE OF YOURSELF AND OTHERS

Keep in touch by phone, video, or social media.

Talking to others can help you and others feel supported and cope with the effects of this pandemic.

It's OK to NOT be OK. We encourage you to reach out and connect with someone on the Mental Health Crisis Line (24 hours a day/7 days a week) at 613-722-6914.



COVID-19 Contact Tracing



A PERSON TESTS POSITIVE FOR COVID-19 – WHAT HAPPENS NEXT?



Ottawa Public Health will contact the person to identify anyone who they had contact with beginning 48-hours before their symptoms started OR 48-hours before they were tested, if they had no symptoms.

An assessment of risk is done for each contact person identified.

LOW RISK

Low Risk Contact is a person who has:

- Been caring for a person diagnosed with COVID-19 while using appropriate precautions (e.g., wearing a surgical/procedure mask, eye protection, using disposable gloves and practicing good hand hygiene);
- Spent time with a person diagnosed with COVID-19, while maintaining physical distancing of two metres.

Actions

If you are a low risk contact:

- Self-monitor for symptoms for 14 days;
- Avoid close contact with any high-risk individuals who have a medical condition, compromised immune systems, or older adults;
- Get tested if COVID-19 symptoms (such as fever, cough, or difficulty breathing) develop. Visit an **assessment centre** or **care clinic**.

HIGH RISK (CLOSE CONTACT)

High Risk Contact is a person who has:

- Had close physical contact (less than 2 metres);
- Been in the same room, workspace, area and/or living in the same home.(longer time increases the risk);
- Provided direct care for a person diagnosed with COVID-19 without consistent use of appropriate precautions;
- Had direct contact with bodily fluids.

Actions

If you are a high risk contact:

- You **MUST self-isolate** and **self-monitor** for 14 days. Do NOT return to work in-person;
- Get tested. Ottawa Public Health will recommend the best timing;
- If test result is negative : continue 14-day isolation because of exposure and because COVID-19 could have been developing (incubating) at time of test;
- If test result is positive: continue to self isolate and you will be contacted by OPH.