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. Applies to non-healthcare community and workplace settings only. 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

Not wearing any type of face covering

Wearing non-medical mask, regardless of eye protection OR wearing medical mask and no eye protection

Wearing medical mask + eye protection

Momentary exposure (passing by)

Low risk close contact

High risk close contact

Low risk close contact

RISK

High risk close contact

Low risk

Low risk

Low risk

Low risk

Low risk close contacts

- Self-isolate immediately for 14 days from your last contact with the positive case
- Tell your household members to stay home except for essential reasons
- See page 2 for details

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

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. 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.

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

15 minutes can include multiple, shorter exposures adding up to 15 minutes or more.
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

CONTACT
Not wearing any type of face covering
- High risk close contact

Wearing non-medical mask regardless of eye protection
- High risk close contact

Wearing medical mask only
- High risk close contact

Wearing medical mask + eye protection
- Low risk

Momentary exposure (passing by)
- Low risk

RISK

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
- 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.
- 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

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.