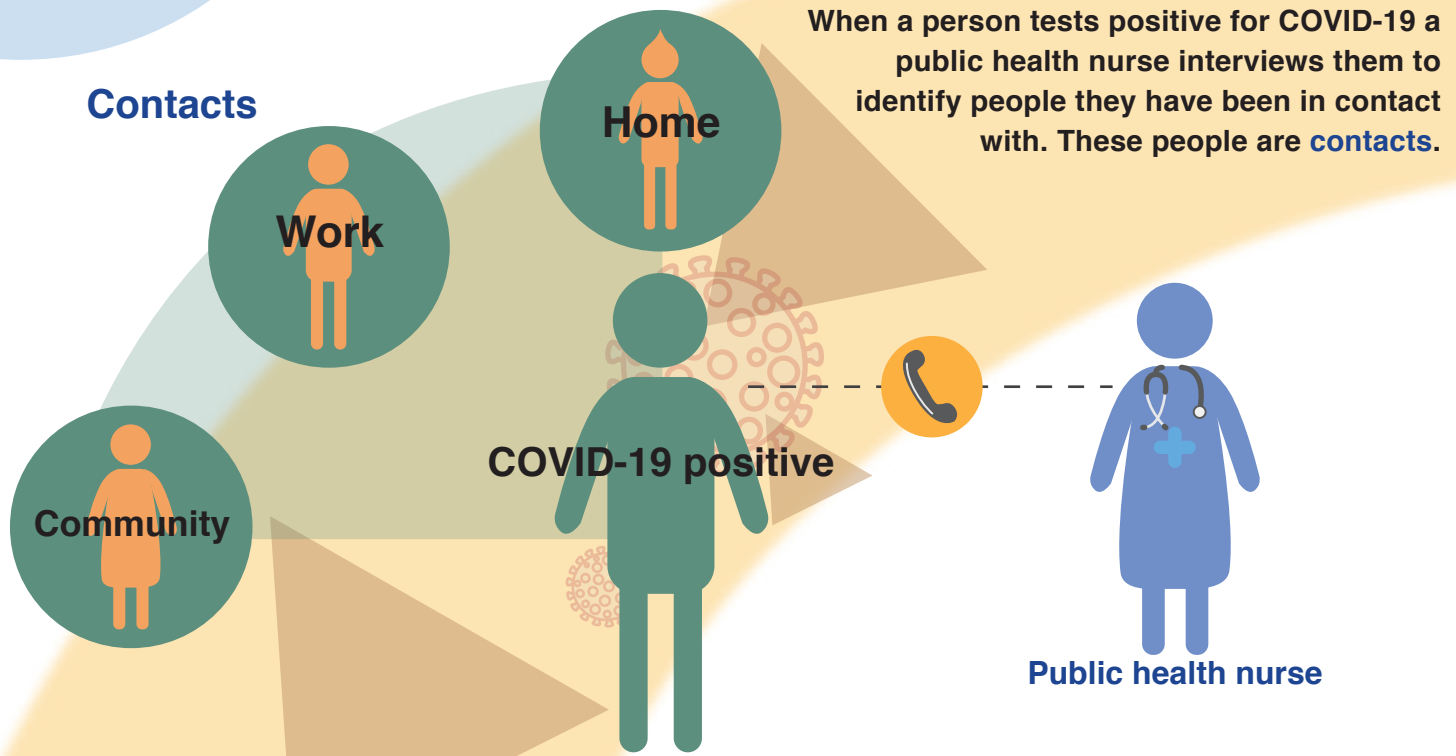# contact tracing
## to reduce the spread of COVID-19

Contact tracing by public health is an important tool to help stop the spread of COVID-19 in your community.
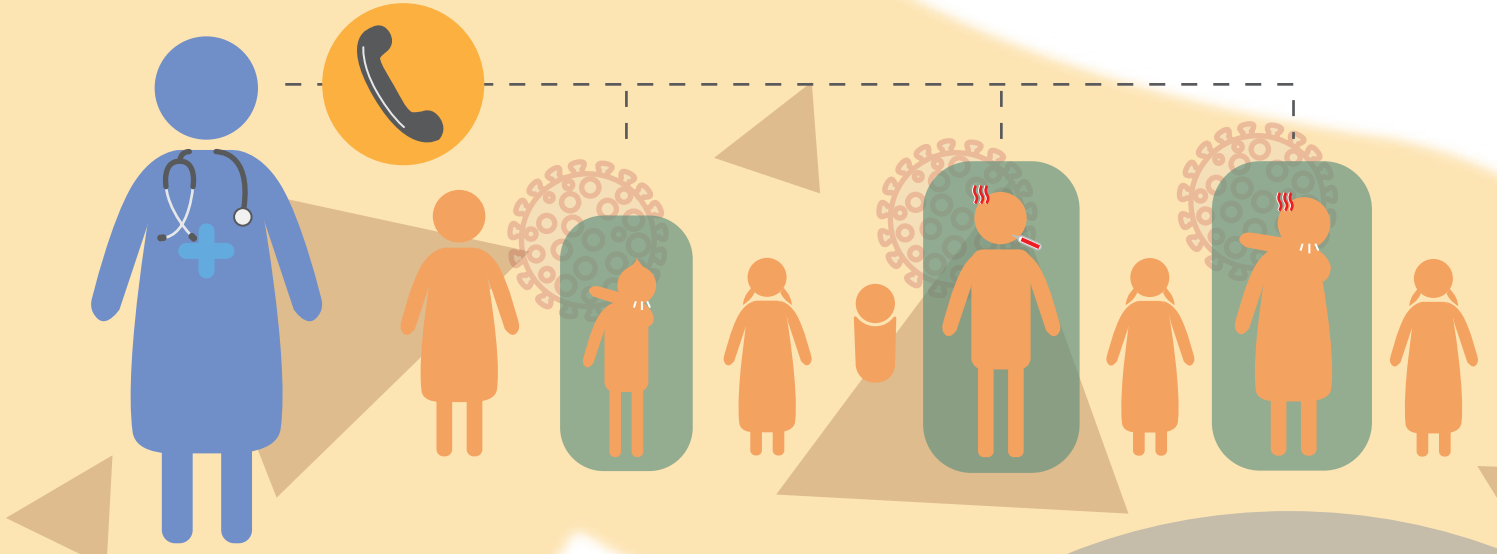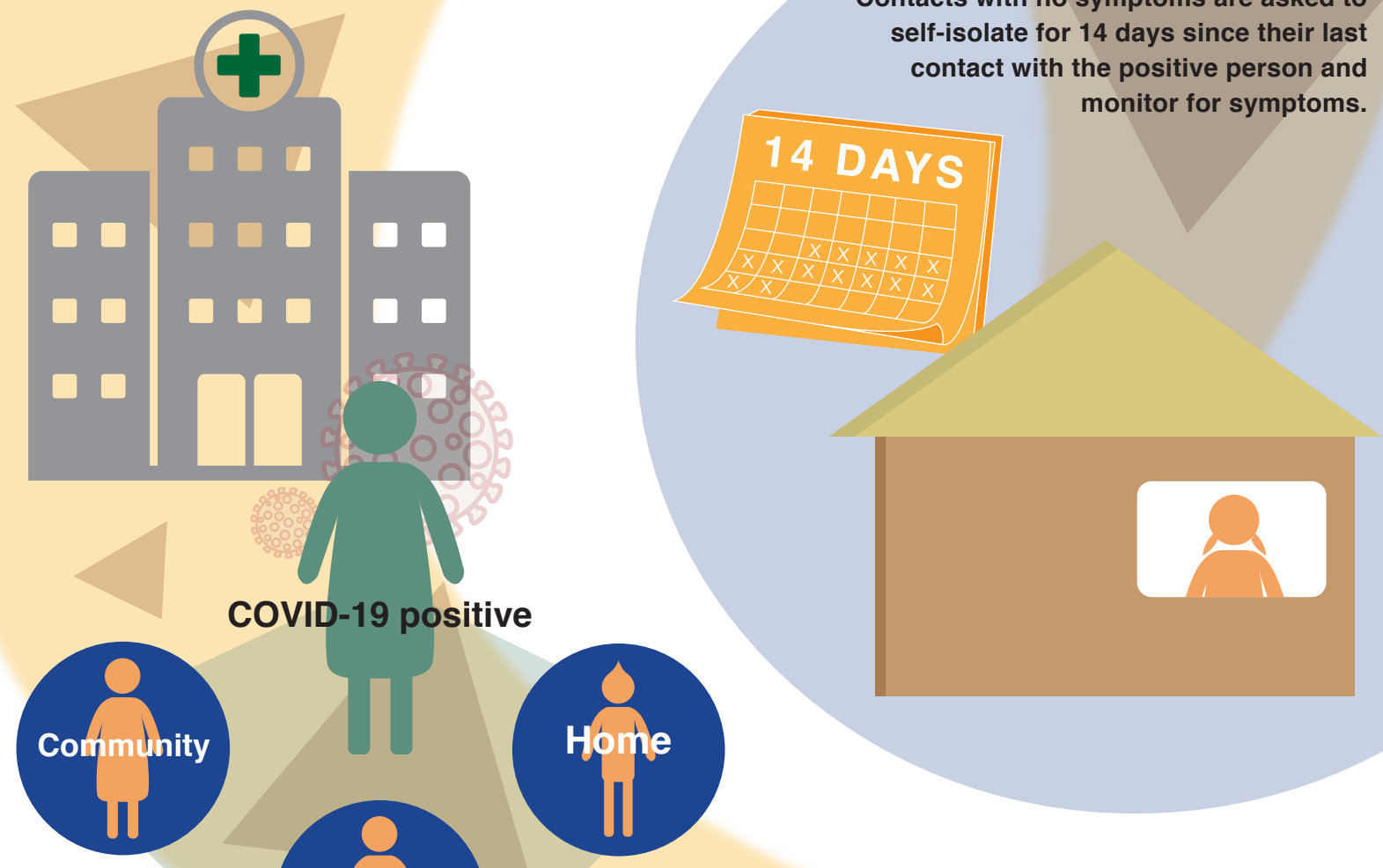
**Contacts**

Work

Home

Community

COVID-19 positive

When a person tests positive for COVID-19 a public health nurse interviews them to identify people they have been in contact with. These people are **contacts**.

**Public health nurse**

Only contacts who may have been exposed to the positive person's respiratory droplets from coughing, sneezing or speaking need to be identified.

A positive person can tell others that they have COVID-19 but they cannot do their own contact tracing.

Public health gets in touch with the contacts and asks them about symptoms of COVID-19.

Contacts with symptoms are sent for testing.

Contacts with no symptoms are asked to self-isolate for 14 days since their last contact with the positive person and monitor for symptoms.

**14 DAYS**

COVID-19 positive

Community

Work

Home

When a Contact tests positive, the whole process repeats to identify *their* contacts.

Contact tracing helps people get diagnosed earlier and reduces the chance of spreading the virus. If you get sick you can help by telling public health about your contacts.

Home

Community

Work

For more information visit **bccdc.ca/covid19**