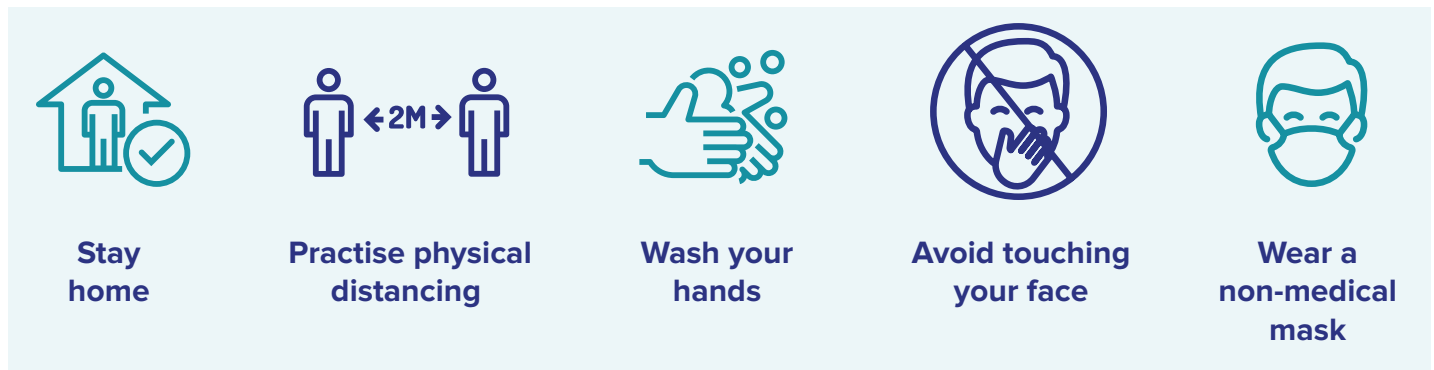







Contact Tracing –

How You Can Help Stop the Spread of COVID-19

As Ontario begins to ease the COVID-19 lockdown restrictions, we all must do everything we can to stop the spread of the virus.

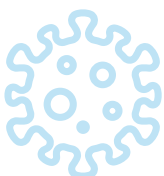


-  Stay home
-  Practise physical distancing
-  Wash your hands
-  Avoid touching your face
-  Wear a non-medical mask

Another very important but simple way you can help stop the spread of COVID-19 in the community is by supporting **contact tracing** — keeping track of everyone you come in close contact with, either socially or in a public setting like a store or on the street.

Why is it Important to Keep Track of my Contacts?

If you become infected with COVID-19, you can transmit the virus to others before you feel sick and even if you never have any symptoms. People you are in contact with for **more than 15 minutes at less than two metres away** are particularly at risk.



NEARLY HALF
45% of COVID-19 infections come from people who haven't developed symptoms.

If you do get COVID-19, a public health worker will contact you to ask where you've been and who you have been in recent contact with. If you start keeping track of your contacts now, **you will have this important information readily available** if you need to provide it.

How to Keep Track of Your Contacts

Keep track of who you are in contact with for **15 minutes or more at a distance of less than two metres**. Track **where you went, when you went and who you met**.

Use a method that works for you:



Keep notes
in your
phone



Take
pictures of
where you
went



Keep a journal
or use the OMA
downloadable
template

If you don't know the person you met,
note anything you can about them.

For example,

"I had a prolonged conversation with a worker in the produce department of _____ store at _____ time on _____ date."

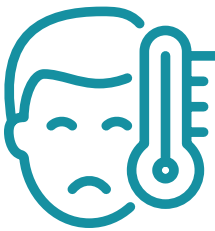
Date:

When

Where

Who

When	Where	Who



If You Get COVID-19

Follow the instructions you receive from your health-care provider. Provide your contact tracing information to the public health worker who gets in touch with you.

The capacity to trace all COVID-19 case contacts and to enforce and support contact isolation is one of the five public health pillars for safe reopening recommended in the OMA paper *"Reopening Ontario to a 'New Normal.'"*

Contact tracing is something simple we all can do to keep ourselves and others safe.