

WHAT IS CONTACT TRACING?

Contact tracing helps stop the spread of infectious diseases by breaking chains of transmission. Fraser Health contact tracers work to support COVID-19 patients and notify their contacts of exposure to the virus.

HOW CAN I HELP?

Get tested as soon as you start to feel even a little bit sick. The sooner we know about a positive case, the sooner we can start contact tracing. If you test positive, complete the COVID-19 Case and Contact Form right away to help speed up the contact tracing process.

COVID-19 CASE & CONTACT FORM



A TYPICAL CONTACT TRACING JOURNEY

A person has the virus, but is not showing or feeling symptoms yet.



1 or 2 days later the person starts having symptoms.



The next day the person gets tested. Testing staff collect a sample and send it to the lab.



24 to 48 hours later the person receives their positive test result and completes an online COVID-19 Case and Contact Form.



The person will be contacted either by phone or text typically within 24 hours of a positive test result. Contact tracers will provide information on testing, self-isolation or self-monitoring requirements for their contacts.



This process continues until all cases and contacts are identified. This allows us to track, test and isolate people and break the chains of transmission.

