CONTACT TRACING HELPS US REOPEN AND STAY SAFE

What is contact tracing?
Contact tracing is how public health officials track down people who have been in contact with confirmed cases of COVID-19 and ask them to get tested and self-isolate.

Quickly detecting and isolating COVID-19 cases through contact tracing is essential to safely reopening Ontario and limiting the spread of the virus.

A simple but important way you can help is by supporting contact tracing. This means using the contact tracing app, and keeping track of everyone you come in close contact with, either socially or in a public place like a store or on the street.

It’s easy to use the contact tracing app
COVID Alert, Ontario’s mobile app provides a fast, secure, privacy-protected way to notify people who have been exposed to COVID-19.

Using Bluetooth, the app shares anonymous, randomly generated codes with other app users nearby.

If you test positive for COVID-19, you can anonymously notify others who have been near you in the past 14 days.

If you have been exposed to COVID-19 by another app user in the past 14 days, you will receive an anonymous notification.

The app:
• Does not collect personal data or personal health information
• Does not collect or track GPS location data
• Automatically destroys all anonymized data after 14 days
• Can be used by Android devices and iPhones
• Works with other similar apps outside Ontario

Don’t or can’t use an app? There are low-tech ways to track your contacts
You can track your contacts by taking pictures of where you go, or by keeping notes electronically or on paper, such as the OMA’s Pocket Journal.

• Record when and where you went, and who you met.
• List the name of anyone you were with for 15 minutes or more at a distance of less than two metres (six feet).
• If you don’t know the person’s name, record information you have, such as “I had a long conversation with a worker in the produce department of XX store at YY time on ZZ date.”

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