



## Information Sheet B: About Contact Tracing

### What is contact tracing?

This is the process of working out who has been exposed to an infected person. Anyone who has been exposed is at risk of developing the disease.

### Why is contact tracing done?

By identifying workplace and community contacts and asking them to isolate for 14 days, this can stop the virus being spread to others. If the contacts follow this advice, the outbreak can be stopped.

### How are contacts identified?

Any person who has a positive COVID-19 test will be asked who they had close contact with since they became unwell (or tested positive if they are not unwell), and in the 2 days before. Close contact includes:

- Being face to face with someone such as when talking
- Being less than 1m away for 1 minute or more
- Being less than 2m away for more than 15 minutes

The person testing positive will also be asked where they have been during that time.

Community contact tracing will be done by the NHS test and trace service. This involves a text, email or phone call to anyone with a positive test. Workplace contact tracing will be done locally, by the health protection team and local authority, with help from the workplace.

### How will contacts be informed?

The person testing positive will be asked for details of their contacts. Community contacts will be informed by the NHS test and trace service that they have been exposed to a case of COVID-19 and need to self-isolate. When contacts are informed, the identity of the case is kept confidential.

Workplace contacts will be informed by their employer.

More information on the NHS Test and Trace service is available at:

<https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>