

Contact Tracing

What you need to know



1. What is contact tracing?

Contact tracing is a routine public health process used to help prevent the spread of infectious diseases. If someone is diagnosed with a disease of public health concern, trained health officials may identify people who were in close contact with them during the time they were infectious.

The goal is to:

- Provide health advice
- Monitor for symptoms
- Support early medical care if needed
- Reduce further spread

Contact tracing is confidential and focused on protecting individuals, families and communities.

2. What happens during contact tracing?

Public health teams may:

- Speak with the diagnosed person about recent close contacts
- Notify people who may have been exposed
- Provide information on symptoms to watch for
- Advise on monitoring, testing, or medical care if needed

Being contacted does NOT mean you are infected. In many situations, the risk remains low. The process is designed to keep communities informed, safe and supported.



3. Why does contact tracing matter?

Contact tracing helps health authorities:

- Detect illness early
- Protect healthcare workers and families
- Reduce unnecessary panic
- Prevent further spread of disease

Most people identified through contact tracing do not become ill, especially after low-risk exposure. Public health officials assess each exposure carefully and provide guidance based on the level of risk.

For more information

