



# Contact Tracing 101

Bryon Daley

Environmental Health Specialist  
Red Cliff Community Health Center



# Detective work

# What is Contact Tracing

- Contact tracing is used by health departments to prevent the spread of infectious diseases. In general, contact tracing involves identifying people who have an infectious disease (cases) and people who they came in contact with (contacts) and working with them to interrupt disease spread.

# Identifying a positive case

- Testing
  - Positive test results
    - Symptomatic
    - Asymptomatic
  - Negative test results
    - Assume positive

# Identifying a close contact

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you
- But I was wearing a mask:
  - you are still considered a close contact even if you were wearing a mask while you were around someone with COVID-19. Masks are meant to protect other people in case you are infected, and not to protect you from becoming infected.

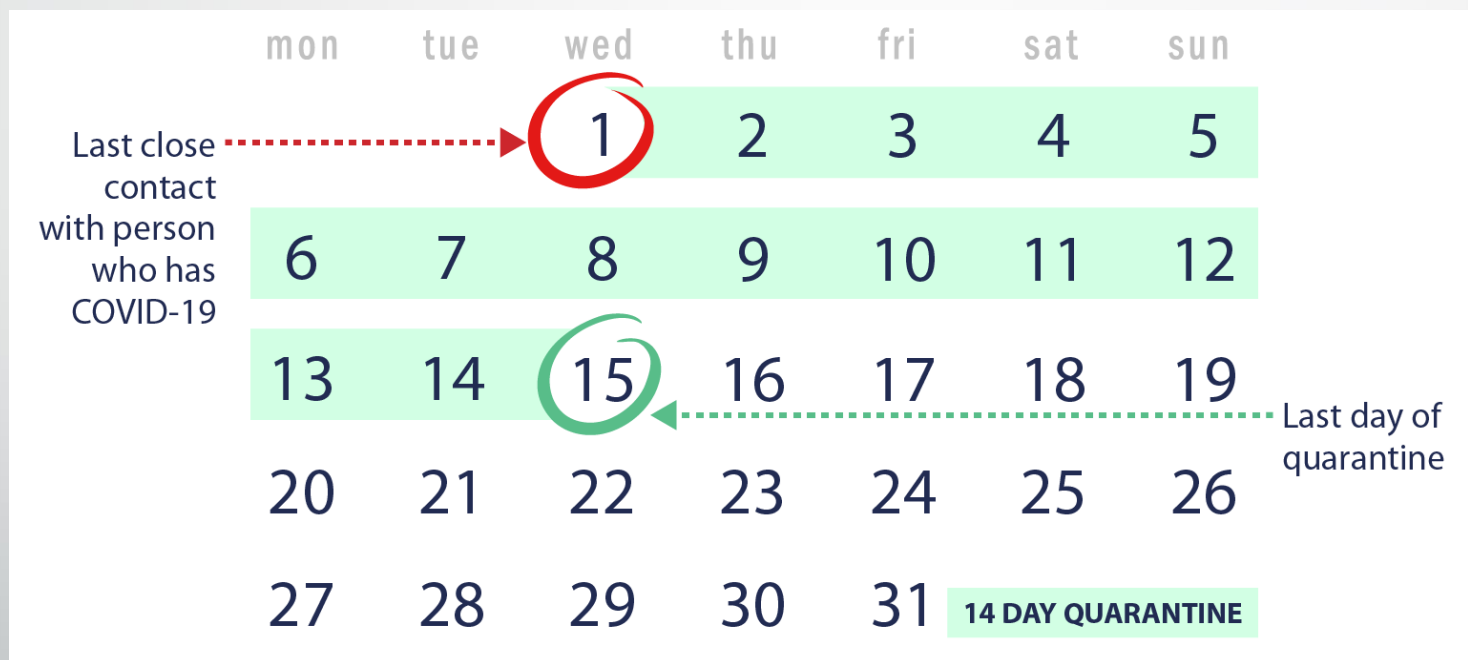
# Quarantine/Isolation

- Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.
- Isolation is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

# I've been quarantined, how long do I have to stay home?

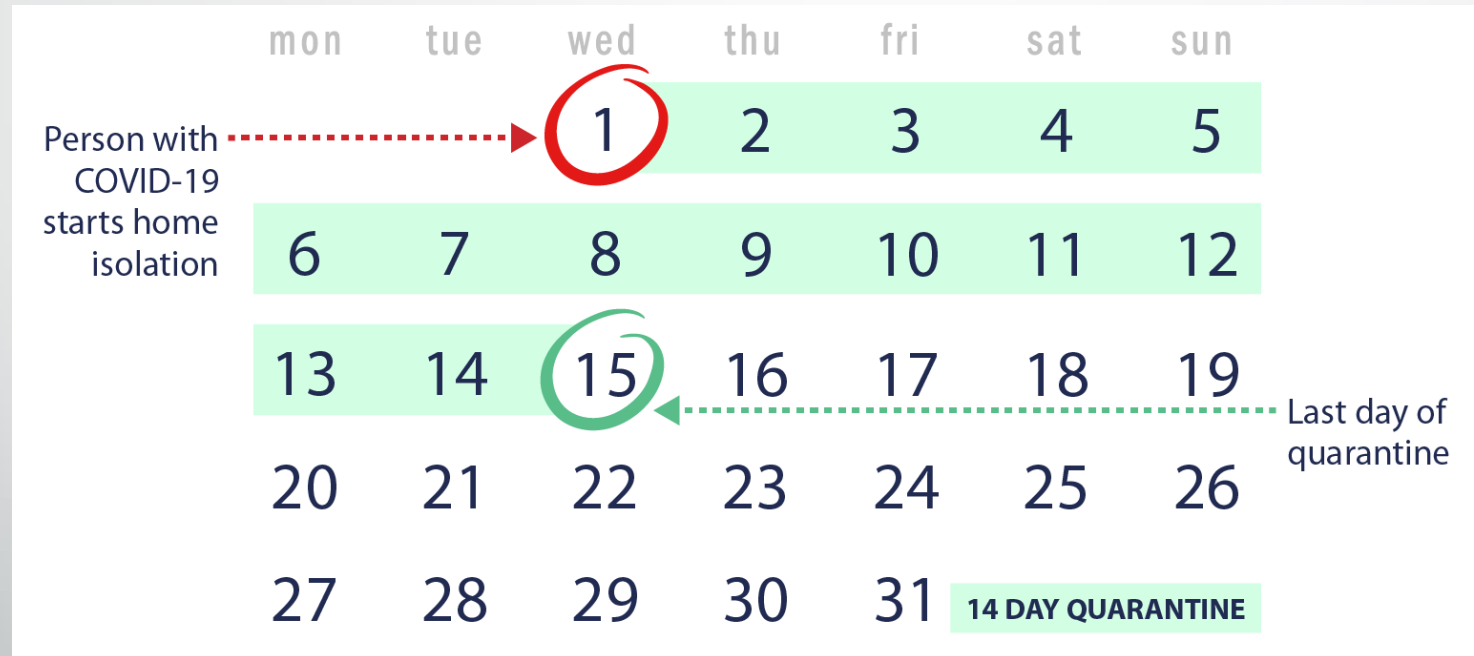
- You should stay home for 14 days after your last contact with a person who has COVID-19.

I was with my friend who tested positive, but I have not had any further contact since then.

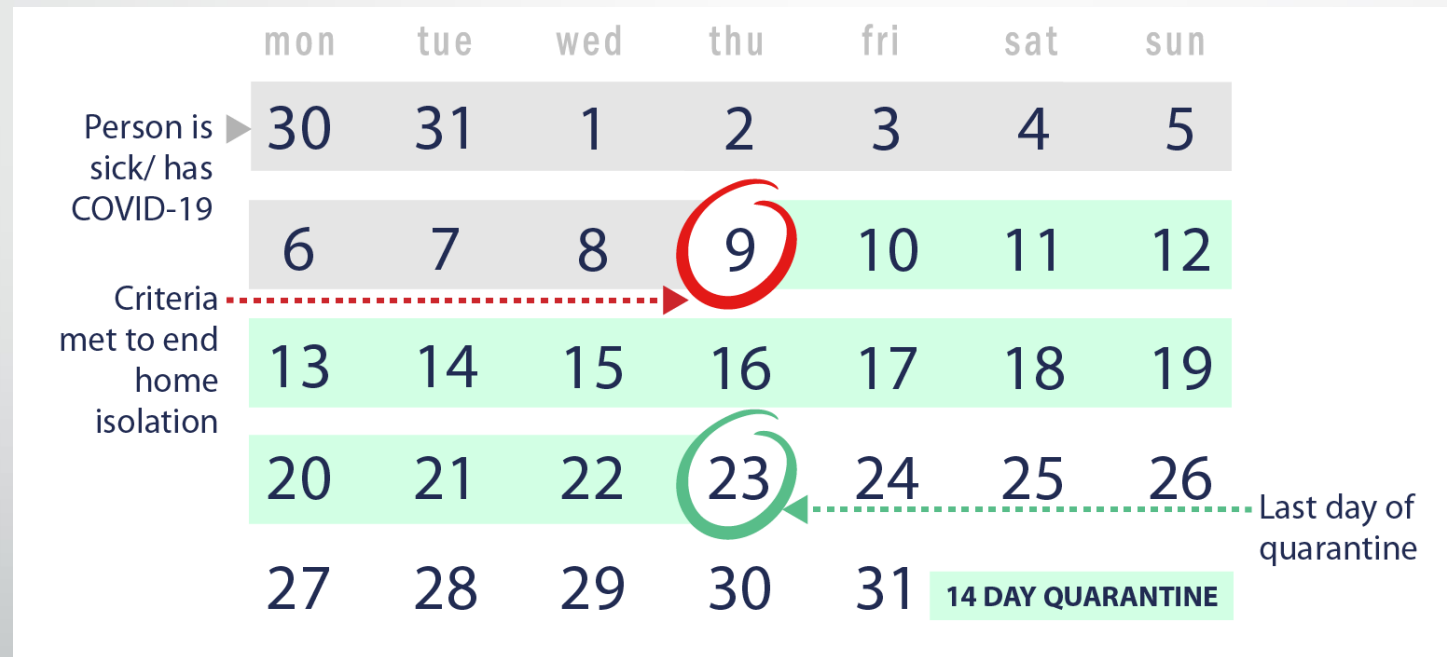




# My wife tested positive, and I can separate myself from her in the house.



# My husband tested positive; I am not able to separate myself from him in the house.



# My quarantine ends what do I do?

You can be with others after:

- 14 days since last contact with the positive case and
- Not experiencing COVID like symptoms

# COVID and working around other people

- The Centers for Disease Control revised its Covid-19 guidelines to include that the novel coronavirus can be spread through aerosols, which “can linger in the air for minutes to hours” and travel farther than six feet.

# Limit the spread - Recommendations

- Change furnace filters
  - Weekly
  - Monthly
- Use a HEPA filter in enclosed spaces

Air cleaners and HVAC filters are designed to filter pollutants or contaminants out of the air that passes thru them. Air cleaning and filtration can help reduce airborne contaminants, including particles containing viruses. Portable air cleaners (also known as air purifiers) may be particularly helpful when additional ventilation with outdoor air is not possible without compromising indoor comfort (temperature or humidity), or when outdoor air pollution is high.

When used properly, air cleaners and HVAC filters can help reduce airborne contaminants including viruses in a building or small space. By itself, air cleaning or filtration is not enough to protect people from exposure to the virus that causes COVID-19. When used along with other best practices recommended by CDC and others, filtration can be part of a plan to reduce the potential for airborne transmission of COVID-19 indoors.

# Contact Tracing and the work environment

- The Red Cliff Band of Lake Superior Chippewas has plans in place
  - Employee tests positive
  - Contact Tracing initiated
  - Determine work schedule
    - Days they worked in the office
  - Test all employees
    - Test employees that worked the days the positive case was in the office regardless if they had any contact with the positive case
  - Clean and sanitize facility
    - Close facility for remaining of day to clean and sanitize

# Why test all employees if they did not have contact with the positive case?

- A lot of movement in the office
- Touching common contact surfaces
  - Time clocks
  - Copiers
  - Doors
  - bathrooms
- Virus is airborne

# Questions



[This Photo](#) by Unknown Author is licensed under [CCBY](#)