

Contact Tracing Resource Tool



While you are self-isolating and waiting for your test results, you are asked to use this contact tracing resource tool to create a list of close contacts and activities you participated in over the past few days. A "close contact" is someone you have been close to (within 2 metres/ 6 feet) for more than 10 minutes total over 24 hours. Completing this form as soon as possible, while this is all still fresh in your mind, will significantly improve the speed and accuracy of our efforts to stop the spread of COVID-19 and help protect all Manitobans. Please keep this completed form in a convenient location so you can access it easily in the event you are contacted by public health. Information on how to self-isolate (quarantine) can be found at: manitoba.ca/asset_library/en/covid/factsheet-isolation-selfmonitoring-returningtravellers-contacts.pdf.

STEP 1 Identify date of first symptoms

People can spread COVID-19 up to two days before symptoms develop. If you have had symptoms, put the date you first felt sick. If you have had no symptoms, then put the day you got tested.

Date of first symptom or test ____/____/____

Subtract two days ____/____/____ = "Day One"

STEP 2 Who has been in your house with you since Day One?

Include people who live in your home, and people who may have visited, such as friends, a babysitter or anyone else providing in-home services.

	Name of Person	Date of Birth	Date Last in Home	Their Phone Number
1				
2				
3				
4				
5				
6				

STEP 3 Make a list of what you did each day since your Day One with as much detail as possible. Include things like hanging out with neighbors, going to work, running errands, appointments, and social or recreational activities outside the house, and if you used public transportation to get there. Use another piece of paper if needed. Your bank records may help you remember where you have been.

Day One: ____/____/____

People you were with

Activity	Location	Name	Date of Birth	Address	Phone Number

Day Two: ____/____/____

People you were with

Activity	Location	Name	Date of Birth	Address	Phone Number

Day Three: ____/____/____

		People you were with			
Activity	Location	Name	Date of Birth	Address	Phone Number

Day Four: ____/____/____

		People you were with			
Activity	Location	Name	Date of Birth	Address	Phone Number

Day Five: ____/____/____

		People you were with			
Activity	Location	Name	Date of Birth	Address	Phone Number

Day Six: ____/____/____

		People you were with			
Activity	Location	Name	Date of Birth	Address	Phone Number

Day Seven: ____/____/____

		People you were with			
Activity	Location	Name	Date of Birth	Address	Phone Number