

COVID-19 Contact tracing:

Keeping track of where you have been

19 August 2020



COVID-19 is a virus that can make people sick.



Here in New Zealand we are all working together to help stop the spread of COVID-19.



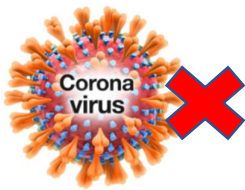
One of the ways we can stop COVID-19 from spreading is by finding people who might have it so they can be tested.



Finding people who may need to be tested for COVID-19 is called **contact tracing**.



Health services use **contact tracing** information to find people who may have been close to someone who has a virus like COVID-19.



Doing this can help stop the spread of viruses like COVID-19.



Most new COVID-19 cases are now people from New Zealand coming home from overseas.



When new cases of COVID-19 are found the **Ministry of Health** uses contact tracing to find the people who may be at risk of having COVID-19.

The different kinds of contacts

There are 2 kinds of **contacts**



1. **close contacts**

2. **casual contacts.**

A **close contact** is someone you spend time with like your:

- family
- friends
- your support workers.



A **casual contact** is someone who have been in the same place as you.





Casual contacts are people you might have been in the same place as like a:



- a shop
- a library



- a waiting room.

Contact tracing phone calls



If one of your contacts has COVID-19 you may get a phone call as part of contact tracing.

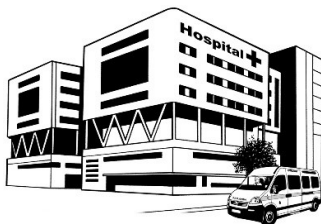


The people who will contact you as part of contact tracing will be the:

- **Ministry of Health**

or

- **Public Health Service** from your local **District Health Board**.



Public Health Services and **District Health Boards** look after the health care services where you live.

The person who calls you will:



- tell you who they are
- check your name
- tell you about why they are calling you.

The person who calls you will ask you question about the:



- places you have been
- people you have seen and talked too/

The person who calls you may tell you about what you need to do to be tested for COVID-19.



They will be able to tell you what you need to do get tested.



After the person has finished speaking with you they may want to give information about you to **Healthline.**



Healthline or your Doctor may tell you that you need to stay home until you get you find out the outcome of your COVID-19.

Keeping track of where you go



The **Ministry of Health** has a free contact tracing **app** that you can use on your mobile phone.

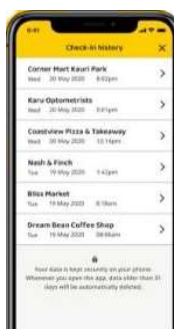


An **app** is a program that you download onto your mobile phone.



The app is called:

NZ COVID Tracer.



The app will keep a list of all the places you go.



The app will help the Ministry of Health to find people fast if there is a new outbreak.



You can download the
NZ COVID Tracer app at:



Apple App Store:

<https://apps.apple.com/nz/app/nz-covid-tracer/id1511667597>



or

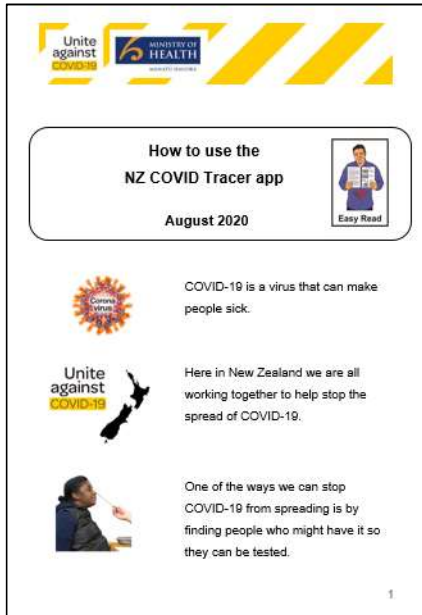
Google Play:

<https://play.google.com/store/apps/details?id=nz.govt.health.covidtracer&hl=en>



If you need support with getting the
app you can ask a:

- carer
- family member
- support worker.



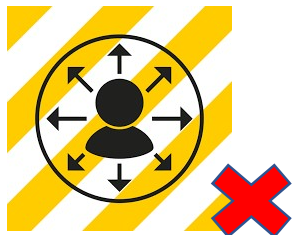
There is an Easy Read factsheet about the app called:

How to use the NZ COVID Tracer app.

You can find this factsheet on the **COVID-19 website**:

<https://covid19.govt.nz/updates-and-resources/accessible-information/easy-read/>

Other things you can do to help



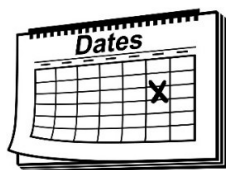
If you do not want to use the NZ COVID Tracer app it is important you write down the places you go.



This information can be used as part of contact tracing if it is needed.



You should write down on your own piece of paper or diary the:



- places you visit
- date you visited these places



- names of the people you spent time with
- phone number of the place you visited.



If you find it hard to write these things down you could ask someone you trust to do this for you.



You could also take photos of:

- people you meet
- places you go



Some places like cafes and restaurants will ask you to write down your:

- name
- phone number
- the day and time you visited.





If you need help to understand any of the information in this fact sheet you can call the **People First New Zealand helpline**.



The People First New Zealand **helpline** is **0800 20 60 70**



You will be asked to leave a message with your:

- first and last name
- phone number.



The People First New Zealand helpline is free to call.



This means it will not cost you any money to call the helpline.



You can also email People First New Zealand on **ask@peoplefirst.org.nz**



A People First worker will call or email you back.



This information has been translated into Easy Read by the Make It Easy service of People First New Zealand Ngā Tāngata Tuatahi.



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