

Blank exposures contact tracing template:

| Incubation Period (Potential sources of exposure) | Date: | Activities: <i>(list places case visited, health precautions followed, names of contacts)</i> |
|---|---|---|
| | Day -14: | |
| | Day -13: | |
| | Day -12: | |
| | Day -11: | |
| | Day -10: | |
| | Day -9: | |
| | Day -8: | |
| | Day -7: | |
| | Day -6: | |
| | Day -5: | |
| | Day -4: | |
| | Day -3: | |
| | Day -2: | |
| Day -1: | | |
| Infectious period (up to isolation date) | Onset date (test collection date for asymptomatic): | |
| | Day 1: | |
| | Day 2: | |
| | Day 3: | |
| | Day 4: | |
| | Day 5: | |
| | Day 6: | |
| | Day 7: | |
| | Day 8: | |
| | Day 9: | |
| | Day 10: | |

Example: (this information is NOT based on any COVID case interview)

| | Date: | Activities: (list <i>places</i> case visited, health precautions followed, <i>names</i> of contacts) |
|--|---|--|
| Incubation Period (Potential sources of exposure) | Day -14: Jan 3, 2021 (sun) | Went to dog park (address) and hiking in North Vancouver (Mt. Seymour) with [friend A] ~4 hours. No masks but 2m distanced from other people on trails/park Went grocery shopping at Grocery store X (address) ~30 min, mask worn. 2m distance Home with [roommate]. 2 bedroom, shared bathroom and kitchen/living area. Often in common spaces together and share meals when home |
| | Day -13: Jan 4, 2021 (mon) | Worked at office , shared office with [co-worker]. Most meetings online but did attend 1 in-person meeting . Went to personal training 1 hour [trainer] at ABC Gym . Both wore masks but not 2m physical distance. Was not near anyone else at gym, <5 min in change room |
| | Day -12: Jan 5, 2021 (tue) | Worked from home – roommate at home. Stayed in all day. Ordered food for dinner from Uber Eats, food handed off at front door. Both driver and case wore masks |
| | Day -11: Jan 6, 2021 (wed) | Worked at office, shared office with 1 co-worker . No in person meetings but was in lunch room with 3 other co-workers. 2m apart at tables but no masks ~30 minutes. Passed by people at microwave and fridge unmasked. |
| | Day -10: Jan 7, 2021 (thu) | Worked from home – roommate at home. Went to personal training 1 hour (1 on 1 with trainer) at ABC Gym . Both wore masks but not 2m physical distance. Was not near anyone else at gym, scanned in, <5 min in change room |
| | Day -9: Jan 8, 2021 (fri) | Worked at office alone. Had 1 on 1 meeting with [supervisor] in her office ~30 min, wore masks. |
| | Day -8: Jan 9, 2021 (sat) | |
| | Day -7: Jan 10, 2021 (sun) | |
| | Day -6: Jan 11, 2021 (mon) | Worked at office , shared office with [co-worker]. Attended 1 in-person meeting. Went to personal training 1 hour [trainer] at ABC Gym . Both wore masks but not 2m physical distance. Was not near anyone else at gym, scanned in, <5 min in change room |
| | Day -5: Jan 12, 2021 (tue) | |
| | Day -4: Jan 13, 2021 (wed) | Roommate left HH to stay with parents. |
| | Day -3: Jan 14, 2021 (thu) | Worked from home. Went to personal training 1 hour [trainer] at ABC Gym . Same precautions as previous |
| | Day -2: Jan 15, 2021 (fri) | Worked at office alone. |
| | Infectious period (up to isolation date) | Day -1: Jan 16, 2021 (sat) |
| Onset date: Jan 17, 2021 | | Started feeling general malaise, cough. |
| Day 1: Jan 18, 2021 (mon) | | Went to downtown Costco , wore mask, very busy, stayed ~45 min |
| Day 2: Jan 18, 2021 (tue) | | Tested at testing site. Stayed home from work. |
| Day 3: Jan 19, 2021 (wed) | | Went to Grocery store Y (address); wore mask, tried to keep 2m distance, about 25 min Isolation date – around 2 pm; is isolating at home alone. |
| Day 4: | | x |
| Day 5: | | x |
| Day 6: | | x |
| Day 7: | | x |
| Day 8: | | x |
| Day 9: | x | |
| Day 10: | x | |