

COVID-19 Contact Tracker



My Contact Tracing Record Book

Regional Public Health

HAUORA Ā IWI KI TE ŪPOKO • O TE IKA A MĀUI
Better health for the greater Wellington region

This Contact Tracker belongs to:

Name:

Phone:

Email:

Contact tracing in Aotearoa

So far New Zealanders have done a great job to limit the spread of COVID-19.

If you have COVID-19, or have been in contact with someone who has, you will get a phone call from a contact tracer. Their job is to collect the details of people you may have come into contact with, so they can help stop the spread of COVID-19.

If they do call you, they will have a number of questions to ask about your activity and movements over the past few weeks.

You can help them to do their job by completing the details in this booklet. This will help them to do their job quickly and help keep our whānau and communities stay safe.

Here's how you can help our contact tracers:



Keep a daily log - who you've been in contact with, places you've been and when.



Update your details - make sure your GP/doctor has your updated contact details.



Answer your phone. If you get a call from (09) 801 3010 or (09) 302 0408, make sure you answer. These are numbers contact tracers and Healthline use to get in touch.

Symptoms of Flu, Cold & COVID-19



Cough



Headache



**Fever (at
least 38°C)**



Body aches



**Runny
nose**



Sneezing



**Sore
throat**



**Fatigue/
tiredness**



**Shortness
of breath**



**Loss of
smell**

**If you feel unwell
with any of these
symptoms, please:**



stay home



**call Healthline
for free on
0800 358 5453,
or call your doctor
immediately.**

Tracking your day

This section is for you to record where you've been, who you've seen, how you got there, and how long you were there for. This is to help us contact trace anyone you may have come into contact with if you become unwell with COVID-19.

Please record as many details as possible such as names, locations and times. It's also important to record the service tracking number of any public transport you take.

Over the page you will see an example of how to use this Contact Tracker. Use this Contact Tracker in the way that works best for you.

Track your day

Date: 24 May 2020



Time

10:30 - 11:15am



How I travelled

- Bus Train Walk Car
 Bike Other:

From: Korokoro To: Petone

Bus/train number: 3520

12:15 - 2:30pm

- Bus Train Walk Car
 Bike Other:

From: Petone To: Korokoro

Bus/train number: 1055

4:30 - 6:30pm

- Bus Train Walk Car
 Bike Other:

From: Korokoro To: Island Bay

Bus/train number: _____



Places I went

Took the bus to PAK N'
SAVE Petone

Walked to brother's
house then took the bus
home

Kiri picked me up. Went
to Aunt Pearl's 70th
birthday at Daisy's Cafe



People I saw

Bus driver
Supermarket cashier
- Didn't get their names

Jared, Ana and their kids

Sat near Aunt Pearl, Uncle
Mike, cuzzies Joseph and
Wiremu, friends Siale and
Julia (20+ whānau there)



My visitors today

Who visited: Friend Tia from Church - stopped by my house for half an hour, had a coffee and a chat



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus Train Walk Car

Bike Other: _____

From: _____ To: _____

Bus/train number: _____

Bus Train Walk Car

Bike Other: _____

From: _____ To: _____

Bus/train number: _____

Bus Train Walk Car

Bike Other: _____

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus Train Walk Car

Bike Other: _____

From: _____ To: _____

Bus/train number: _____

Bus Train Walk Car

Bike Other: _____

From: _____ To: _____

Bus/train number: _____

Bus Train Walk Car

Bike Other: _____

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited: _____



Notes

Track your day

Date: _____



Time



How I travelled

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____

- Bus Train Walk Car
 Bike Other:

From: _____ To: _____
Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes

Track your day

Date: _____



Time



How I travelled

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____

Bus

Train

Walk

Car

Bike

Other:

From: _____ To: _____

Bus/train number: _____



Places I went



People I saw



My visitors today

Who visited:



Notes



www.rph.org.nz/contact-tracing



www.covid19.govt.nz



rph@huttvalleydhb.org.nz



RPHWellington

Regional Public Health

HAUORA Ā IWI KI TE ŪPOKO O TE IKA A MĀUI
Better health for the greater Wellington region

**Unite
against
COVID-19**