

# COVID-19 Contact Tracker



My Contact Tracing Record Book

Regional Public Health

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



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# This Contact Tracker belongs to:

**Name:**

**Phone:**

**Email:**

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# 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.

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# 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.**





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# 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

# EXAMPLE

Date: 24 May 2020



## Time

10:30 - 11:15am

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## How I travelled

- Bus  Train  Walk  Car  
 Bike  Other:

From: Korokoro To: Petone  
Bus/train number: 3520



## Places I went

Took the bus to PAK N'  
SAVE Petone

12:15 - 2:30pm

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- Bus  Train  Walk  Car  
 Bike  Other:

From: Petone To: Korokoro  
Bus/train number: 1055

Walked to brother's  
house then took the bus  
home



## People I saw

Bus driver  
Supermarket cashier  
- Didn't get their names

Jared, Ana and their kids

4:30 - 6:30pm

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- Bus  Train  Walk  Car  
 Bike  Other:

From: Korokoro To: Island Bay  
Bus/train number: \_\_\_\_\_

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

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

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# Track your day

Date: \_\_\_\_\_



Time

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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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Bus/train number: \_\_\_\_\_

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- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

From: \_\_\_\_\_ To: \_\_\_\_\_  
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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
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My visitors today

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# Track your day

Date: \_\_\_\_\_



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People I saw

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

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People I saw

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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My visitors today

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# Track your day

Date: \_\_\_\_\_



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People I saw

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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- Bus  Train  Walk  Car  
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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

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My visitors today

Who visited:

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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Bus/train number: \_\_\_\_\_



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People I saw

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus    Train    Walk    Car  
 Bike    Other:

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Bus/train number: \_\_\_\_\_

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 Bike    Other:

From: \_\_\_\_\_ To: \_\_\_\_\_  
Bus/train number: \_\_\_\_\_

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- Bus    Train    Walk    Car  
 Bike    Other:

From: \_\_\_\_\_ To: \_\_\_\_\_  
Bus/train number: \_\_\_\_\_



Places I went

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People I saw

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My visitors today

Who visited: \_\_\_\_\_  
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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus    Train    Walk    Car  
 Bike    Other: \_\_\_\_\_

From: \_\_\_\_\_ To: \_\_\_\_\_  
Bus/train number: \_\_\_\_\_

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- Bus    Train    Walk    Car  
 Bike    Other: \_\_\_\_\_

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- Bus    Train    Walk    Car  
 Bike    Other: \_\_\_\_\_

From: \_\_\_\_\_ To: \_\_\_\_\_  
Bus/train number: \_\_\_\_\_



Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



Time

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How I travelled

- Bus    Train    Walk    Car  
 Bike    Other:

From: \_\_\_\_\_ To: \_\_\_\_\_  
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- Bus    Train    Walk    Car  
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From: \_\_\_\_\_ To: \_\_\_\_\_  
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Places I went

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My visitors today

Who visited: \_\_\_\_\_  
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# Track your day

Date: \_\_\_\_\_



Time

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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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Bus/train number: \_\_\_\_\_

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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other:

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- Bus  Train  Walk  Car  
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From: \_\_\_\_\_ To: \_\_\_\_\_  
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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus    Train    Walk    Car  
 Bike    Other:

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- Bus    Train    Walk    Car  
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Places I went

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My visitors today

Who visited: \_\_\_\_\_  
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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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My visitors today

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# Track your day

Date: \_\_\_\_\_



Time

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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other:

From: \_\_\_\_\_ To: \_\_\_\_\_  
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- Bus  Train  Walk  Car  
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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus    Train    Walk    Car  
 Bike    Other:

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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus    Train    Walk    Car  
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Places I went

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My visitors today

Who visited: \_\_\_\_\_  
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# Track your day

Date: \_\_\_\_\_



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How I travelled

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other:

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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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Bus/train number: \_\_\_\_\_

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- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

From: \_\_\_\_\_ To: \_\_\_\_\_  
Bus/train number: \_\_\_\_\_



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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

- Bus    Train    Walk    Car  
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Places I went

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My visitors today

Who visited:

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# Track your day

Date: \_\_\_\_\_



Time

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How I travelled

- Bus  Train  Walk  Car  
 Bike  Other: \_\_\_\_\_

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Places I went

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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My visitors today

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# Track your day

Date: \_\_\_\_\_



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How I travelled

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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My visitors today

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# Track your day

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How I travelled

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My visitors today

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# Track your day

Date: \_\_\_\_\_



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My visitors today

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[www.rph.org.nz/contact-tracing](http://www.rph.org.nz/contact-tracing)



[www.covid19.govt.nz](http://www.covid19.govt.nz)



[rph@huttvalleydhb.org.nz](mailto: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**