

# “Where I’ve Been and Who I’ve Seen”

A COVID-19 timeline for people who use Christian Horizons services and their support team



If we find out that someone had COVID-19 but was out in public places in their community, it is important to know whether we spent time with them or were in the same place. This tracking sheet can help you to know about possible risk for catching COVID-19. The government of Canada has developed an app helps with this as well. You can learn more about that app at [www.canada.ca/covid-alert/app](http://www.canada.ca/covid-alert/app)

**THIS IS A TIMELINE FOR:**

\_\_\_\_\_  
Name

DATE <i>(E.G. 20/09/01)</i>	START TIME	END TIME	WHERE I WAS <i>(If name is not clear, include address)</i>	WHO I WAS WITH*	COMMENTS OR CONCERNS <i>(any risks or relevant information)</i>

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DATE (E.G. 20/09/01)	START TIME	END TIME	WHERE I WAS (If name is not clear, include address)	WHO I WAS WITH*	COMMENTS OR CONCERNS (any risks or relevant information)

\* “Who I Was With” includes people I was visiting or people I know who I was within two meters of, including Christian Horizons employees.

### **ADDITIONAL NOTES:**

- I should be aware of the risks of outings and visits and how to be safe when I go out. Social stories like “Rules and Risks” and “Safety in Your Community” and the Government of Canada “Going out? Do it Safely” poster can help me understand these things ([www.christian-horizons.org/coronavirus](http://www.christian-horizons.org/coronavirus)).
- Before I leave I will need to wash my hands or use hand sanitizer. I will need to wear a mask, use hand sanitizer, follow directions, and keep my distance from people while I’m out. My support team, friends, and family, can help remind me of these things. I may need to remind people I know to be safe, too. I will also clean my hands when I return.
- I will be asked questions about COVID-19 symptoms when I come back, and this will be tracked on the location screening tracking sheet.