

# CONTACT TRACING

Contact tracing is a process used to stop the spread of many different infections.

This pamphlet only looks at sexually transmitted infections (STIs) and blood-borne viruses (BBVs) such as HIV/AIDS and hepatitis B.

## *WHO IS A CONTACT?*

A contact is anyone with whom you have had unsafe sex and/or blood-to-blood contact.

- Sex includes unprotected vaginal, anal and/or oral sex.
- Blood-to-blood contact can occur through injecting drug use, body piercing or tattooing, or sharing personal items contaminated with blood (eg razors).

## *WHAT IS CONTACT TRACING?*

Contact tracing involves finding and informing the contacts of a person with an infection so they can get counselling and testing, and treatment if necessary.

## *WHY IS CONTACT TRACING IMPORTANT?*

People often don't know they have an STI or BBV and so unknowingly spread it to others.

Contact tracing is important:

- To stop people getting infected again.
- To prevent long-term health problems in people who don't know they're infected.
- To stop the spread of infection in the community.

## *WHO DOES CONTACT TRACING?*

You can do contact tracing yourself and/or with the help of a health professional. Discuss this with your doctor.



## HOW IS CONTACT TRACING DONE?

### *Contact tracing should be voluntary.*

- If you have been found to have an STI or BBV, you will be asked to list your contacts (names and other details).
- Decide which contacts you want to inform about the infection, and which ones you would prefer a health professional to inform.

**Contact tracing is confidential. Your name or any identifying information will NOT be disclosed to your contact by the health professional.**

- Whether you or a health professional talk to your contact, they should be told that:
  - they could have the infection
  - they need to get tested.

### *WHERE TO GO?*

Confidential counselling, testing, and treatment for STIs and BBVs, and advice about contact tracing are available from GPs, sexual health clinics and other health services.

### *FOR MORE INFORMATION CALL*

Sexual Health Helpline (08) 9227 6178  
1800 198 205 (toll-free)

Royal Perth Hospital (08) 9224 2178  
(Sexual Health Clinic)

Fremantle Hospital (08) 9431 2149  
(Sexual Health Service B2 Clinic)

or your local Population Health Unit

Note to GPs and other health professionals:

**The Department of Health's publication *Guidelines for Managing Sexually Transmitted Infections 2006* provides detailed information about contact tracing procedures ([www.health.wa.gov.au/healthprotect](http://www.health.wa.gov.au/healthprotect)).**



Produced by the  
Sexual Health & Blood-borne Virus Program  
Health Protection Group  
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HP 1182