

You've Already Taken the First Step to Help Stop the Spread of COVID-19

Now that you've been tested, here's what to do next to protect your community and the people you care about.

About Contact Tracing

Be a hero. If you test positive for COVID, or think you've been around someone who has, make sure people you've been around recently for more than a few minutes stay safe. Some people call this contact tracing. We call it your superpower in the face of this epidemic. Here's how you do it:

Make a list. Think of people you've spent time with over the past week or so. In case you test positive, you will have already taken the first, most urgent step: helping our health department's support services team alert others that they might be at risk.

Stay home. While you wait for your test results, stay home. To keep family members safe, everyone should wear a mask in the home, practice good hand hygiene, disinfect surfaces often and stay six feet apart. If possible, stay in a room by yourself and use a separate bathroom. Keeping windows open can also prevent the spread of COVID-19.

Answer the call! A COVID contact tracer from your health department will answer your questions and offer advice on taking care of yourself.

Share. You'll talk with the contact tracer about the people you've been around recently. Then the contact tracer will tell them they may have been close to someone who tested positive for COVID, to stay home, and how to get tested and get the right care.

Rest assured. The COVID contact tracer will keep your identity private. Your personal health information is also protected – that's the law.

You can help slow the spread of COVID-19. If you see your local health department is calling you, or the same phone number keeps trying to reach you, please answer the call to protect your community and the people you care about.

For more information call your local health department.



**BE
THE
ONE**

Use This Sheet to Make the List of All the People You Have Recently Been Around

If you test positive for COVID-19, a case investigator, also known as a contact tracer, will call you to discuss who you have been around and ask where you spent time to determine where you were likely exposed to COVID-19 and who you may have exposed to COVID-19. This quick list can help you think about people you have recently been around so you will be ready if your local health department reaches out to you to get this information.



Here are some things to think about. Have you:

- Gone to work or school?
- Gotten together with others (eaten out at a restaurant, gone out for drinks, exercised with others, had family over to your place, volunteered, gone to a party, pool, or park)?
- Gone to a store in person (grocery, store, mall)?
- Gone to in-person appointments (salon, barber, doctor's, or dentist's office)?
- Ridden in a car with others (Uber or Lyft) or taken public transportation?
- Been inside a church, synagogue, mosque, or other places of worship?

Who lives with you?

Who have you been around in the last 14 days? (If you need more spaces, write on a separate piece of paper or make this list on your electronic device.)

Name

Phone Number

Date you last saw them

Where you last saw them

What activities have you done in the last 14 days that involved other people?

Activity

Location

Date

If you leave home, know your 3 Ws!



WEAR

a cloth mask over your nose and mouth.



WATCH

your distance. Avoid close contact.



WASH

your hands or use hand sanitizer.

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