

CONTACT TRACING

What is Contact Tracing?

Contact tracing is the process of identifying people who may have been exposed to a contagious disease like COVID-19 and monitoring those people to stop the spread of disease. When a patient is diagnosed with COVID-19, they will work with a local public health expert to make a list of people they interacted with while they were contagious. The public health expert then contacts the people on the list, warns them of the potential exposure, and gives them guidance on what to do next.

How Tracking Your Contacts Can Help

As we begin to return to normal life and move around more freely in public, there will be more opportunities for the virus to spread. If you are diagnosed with COVID-19 or someone around you is, public health experts will need to know who you have had contact with. Keeping a list of people you have had contact with and when will make the contact tracing process faster and more accurate.

How to Use this Form

Start keeping a record of where you go each day, who you have contact with, and at what time. Note if you were closer than 6 feet of each contact, and if you were near them for more than 10 minutes. Use a different page for each member of your household. If you are called for contact tracing, share this information with the public health expert to help speed up their process.

Example

DATE	LOCATION	TIME	CONTACT NAME	DISTANCE		DURATION	
				LESS THAN 6 FEET	MORE THAN 6 FEET	LESS THAN 10 MINUTES	MORE THAN 10 MINUTES
4/29	Gas station at First St. and Main St.	12:00 P	Jenny (cashier)				
5/6	Acme Farm to Table Restaurant	5:30 – 6:15 P	Unknown				

CONTACT TRACING WORKSHEET



#stopthespread

DATE	LOCATION	TIME	CONTACT NAME	DISTANCE		DURATION	
				LESS THAN 6 FEET	MORE THAN 6 FEET	LESS THAN 10 MINUTES	MORE THAN 10 MINUTES