

Contact Tracing

What is Contact Tracing?

Contact Tracing is used to slow the spread of COVID-19 by letting people know they might have been exposed to COVID-19 and they should watch out for symptoms. Making sure that someone who has been exposed is getting tested and self-quarantining until the results come in. If you are positive for COVID-19, then self-isolation should begin immediately.

<https://www.youtube.com/watch?v=uaclvunMMcM&t=25s>



What to expect

1. Stay home and away from other people.
2. Look out for COVID-19 symptoms.
3. Health department will call if you have been exposed.
4. Tell Health department about the symptoms you are feeling.
5. Find a local COVID-19 testing area.
6. Get a test and while waiting for your results begin self-quarantining

<https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/covid-19-contact-tracing/faq-20488330>



Prevent the Spread

1. Wear a mask that fits securely over your mouth & nose.
2. Wash your hands for 20 seconds or use hand sanitizer when needed.
3. Stay 6 feet apart from others.
4. Avoid gatherings and crowds.
5. Stay home if you are not feeling well.
6. Disinfect frequently used surfaces like door knobs, handles, countertops, & more.

The Health Department won't ask for...

1. Money
2. Social Security number
3. Bank Information
4. Salary
5. Credit Card number

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/contact-tracing.html>