

# What is Contact Tracing and How Does it Stop the Spread of COVID-19?

**Contact tracing is used by public health workers to stop the spread of COVID-19 and find people who have COVID-19 before they develop life-threatening symptoms.**

Contact tracing helps stop diseases like COVID-19 that spread from person-to-person by **tracing** (or tracking) the **contacts** (friends and family) of people who have been infected with COVID-19 and informing these contacts that they may have been exposed to the virus. This helps people know sooner about possible exposure to COVID-19 so they can get any needed assistance and start quarantining at home to prevent spreading the disease to others.

Contact tracing is an effective strategy that has been used by public health workers to fight viruses for over 100 years. Communities around the world are using contact tracing to stop the spread of COVID-19.

## How Contact Tracing Works To Prevent The Spread of COVID-19



1

When a person tests positive for COVID-19, their local public health agency is notified and they are assigned a public health worker called a contact tracer. Contact tracers are trained professionals who are often from the communities they are serving.



2

The contact tracer calls the person who tested positive to ask for a list of all the people they were in “close contact” with in the two days before testing positive. “Close contact” means the infected person was within 6 feet of another person for 15 minutes or longer over a period of 24 hours.

### Contact Tracers Will NOT Ask:

- For any information about breaking curfew or traveling during lockdown
- For your tribal ID, Social Security Number, or immigration status
- For money or credit card information or tell you there is a charge for this service



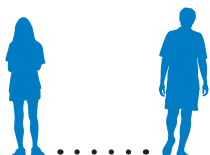
3

The contact tracer takes this list of people and calls or visits them in person to explain that they may have been exposed to COVID-19. All names on this list are kept private, and the contact tracer does not reveal the name of the infected person to anyone.



4

People on this list are asked to quarantine at home for 14 days and monitor their health for the symptoms of COVID-19: fever, cough, trouble breathing, muscle ache, chills, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, and loss of taste or smell. Quarantining at home helps stop the spread of COVID-19 that may happen before a person knows they are sick or if a person is infected without feeling symptoms. Contact tracers will follow up daily with the people on this list during the quarantine period.



5

People on this list who develop symptoms may be referred for testing or medical care and asked to stay home and keep 6 feet from others in their home for 10 days. If staying in a separate room is not possible, they should wear a mask and keep 6 feet away from others at all times.

