

What Is Contact Tracing?

Contact tracing means calling people who may have been exposed to COVID-19. Public Health uses contact tracing to help prevent the spread of diseases, such as measles and COVID-19. Answer the call to help keep you and your community safe and stop the spread of COVID-19.

Here's how it works

A health care provider says your COVID-19 test is positive.



Next, your local or tribal public health authority will call and help you:



- **Learn how to safely self-isolate:**
 - » **Self-isolate** means that you stay away from everyone, including the people you live with.
- Remember where you have been and who you saw while you were contagious. These people are called your **contacts**.

While you self-isolate, contact tracers from your local or tribal public health authority will call your contacts. To protect your privacy, contact tracers will **not** mention your name.

Contact tracers will:

- Connect your contacts with resources and
- Recommend that they **quarantine**.
 - » Quarantine means to stay home and six feet away from everyone.



Contact tracers will call or text your contacts every day to see how they are feeling.



If, while quarantining, a contact does develop symptoms:



- Contact tracers will encourage them to get a COVID-19 test and ask who they saw before they started quarantining.
- A contact tracer will follow up with their contacts.

At the end of quarantine, contacts who have **not** developed symptoms can stop their quarantine.



Oregon, let's answer the call.