Contact Tracing for **COVID-19**

FloridaHealthCOVID19.gov • Florida Department of Health

If you test positive for COVID-19, public health staff will ask you about your close contacts. Over a number of days, staff will monitor you and your contacts. This is called contact tracing and it's a core public health function that helps stop the spread of disease.

2 Public health staff will help you identify the time frame when you may have been infectious.

Staff will help you recall your close contacts during that time and will notify contacts of their potential exposure.

Your identity will not be revealed.

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You tested positive.

You will be asked to self-isolate at home.

- Stay in one room away from others in your household, including pets. Have sole use of a bathroom.
- Ask your doctor about pain and fever medication. Get rest and stay hydrated.
- Keep track of your symptoms and check your temperature twice daily.

Timeline for stopping self-isolation

You tested positive with symptoms:
- At least 10 days have passed since your symptoms first appeared.
- At least 24 hours have passed since you've had a fever without using fever-reducing medications, and other symptoms have improved.

You tested positive without symptoms:
- At least 10 days have passed since the day you were tested.

These contacts have symptoms.

They will be asked to self-isolate for 10 days.

- They may be referred to testing.
- They will advised to stay in one room away from others in their household, including pets, and have sole use of a bathroom.
- They will be advised to wear a face mask and keep a social distance of at least 6 feet if they need to be around other people or pets within the home.
- They will be asked to keep track of their symptoms.
- They may be asked about their close contacts.

This contact has no symptoms.

Because some people with COVID-19 have no apparent symptoms, this person will be asked to self-quarantine for 14 days.

- They may be referred to testing.
- They will be advised to wear a face mask and keep a social distance of at least 6 feet if they need to be around other people or pets within the home.
- They will be asked to watch for COVID-19 symptoms.

This contact was missed.

This person could have COVID-19.

- If they have symptoms, they may choose to be tested.
- If they don't have symptoms, they may never choose to be tested.

That's why everyone should:
- Practice hand and face hygiene.
- Wear a face mask and social distance for at least 6 feet when in public.
- Avoid **closed spaces** with poor ventilation, **crowded places** and **close-contact situations** like talking in close range—the Three Cs.

It's important that you speak with a contact tracer if you have had potential exposure to COVID-19.

The Florida Department of Health urges all Floridians to answer calls from:

(833) 917-2880
(833) 443-5364
(850) 583-2419

If symptoms worsen or become severe, you should seek medical or emergency care.

COVID-19 Symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

Severe Symptoms: trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

At-Home Care Guidance: CDC.gov/coronavirus/2019-ncov/if-you-are-sick/.