Accessible version: https://www.cdc.gov/coronavirus/2019-ncov/easy-to-read/contact-tracing.html

Contact Tracing Slows the Spread of COVID-19

Contact happens when two people are near each other.

Contact tracing finds people who were near each other.

Contact tracing finds people who were near someone with COVID-19.

Contact tracing helps protect people.

Contact tracing tells people they may have COVID-19.

Contact tracing helps people know they should stay home.

Contact tracing helps people get a COVID-19 test.

Contact tracing helps stop the spread of COVID-19.

Protect Yourself from COVID-19

Contact tracing works best when you protect yourself.

Stay at least 6 feet away from people outside your home.

Wear a mask when you leave your home.

The mask must cover your nose.

The mask must cover your mouth.

The mask must fit under your chin.

The mask must be snug on your face.

Make sure breathing is easy.

Masks may feel different.

Practice wearing a mask.

Practice will help you get used to wearing a mask.

Wash your hands often.

Wash your hands before you touch your mouth.

Wash your hands before you touch your eyes.

Wash your hands before you touch your nose.

Wash hands with soap and water.

Wash your hands for 20 seconds.

Sing the happy birthday song twice while washing your hands.

Clean things that are touched often.

Disinfect things after cleaning.

Be careful using disinfectant.

Get help disinfecting if needed.

The Health Department Might Call You

Some health departments use contact tracing.

The caller may say you were near someone with COVID-19.

The caller might say you need a COVID-19 test.

Some health departments call when you have COVID-19.

The caller may ask about people you were near.

The caller may ask about places you have been.

The things you say will be kept private.

Stay Home After Being Close to a Person with COVID-19

Stay home and watch for ways COVID-19 might make you sick.

Stay home for 14 days after being near a person with COVID-19.

Ask your doctor if you need a COVID-19 test.

Things to Do After Getting a COVID-19 Test

Ask how you will get the results.

Ask what the results mean.

You may get a phone call with COVID-19 test results.

You may look online to get COVID-19 test results.

Some COVID-19 test results come quickly.

Some COVID-19 test results take many days.

Stay at home until you get the COVID-19 test results.

Stay away from people until you get the COVID-19 test results.

Steps if You Have COVID-19

Stay at home when you have COVID-19.

Stay away from other people.

Stay in your own room.

Use your own bathroom.

Eat in your own room.

Stay away from pets.

You have to stay home until you feel better.

You may have to stay home for a while.

You may have to stay home for at least 10 days.

Tell someone if you are worried about how you feel.

COVID-19 Can Make You Very Sick

Watch for ways COVID-19 can make you feel sick.

Get help if you are worried about how sick you feel.

Tell someone that you need help.

Call your doctor if you are worried about how you feel.

Call 9-1-1 or the emergency department if you need help.

Tell the operator that you need help.

Tell the operator you need help with COVID-19.