

Contact Tracing Tool

for People Being Tested for COVID-19

If you test positive for COVID-19, you will need to notify your close contacts of their need to quarantine. This form can help you identify your contacts.

STEP 1

Identify date of first symptoms

If you have had symptoms, put the date you first felt sick OR if you have had no symptoms then put your date of testing

_____ / _____ / _____

SUBTRACT 2 DAYS: _____ / _____ / _____ = YOUR CONTACT TRACING DATE

STEP 2

Who has been in your house with you since your contact tracing date?

Include people who live in your home, and people who may have visited like friends, a babysitter or anyone else providing in-home services.

	Name of Person	Date Last in Home	Their Phone Number
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____

STEP 3

Make a list of what you did each day since your contact tracing date with as much detail as possible.

Include things like hanging out with neighbors, going to work, running errands, appointments, social or recreational activities outside the house, and if you used public transportation to get there. Use another piece of paper if needed.

Day One: _____ / _____ / _____		People you were with		
Activity	Location	Name	Address	Phone Number
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Day Two: _____ / _____ / _____		People you were with		
Activity	Location	Name	Address	Phone Number
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Day Three: _____ / _____ / _____		People you were with		
Activity	Location	Name	Address	Phone Number
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Day Four: _____ / _____ / _____		People you were with		
Activity	Location	Name	Address	Phone Number
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____