

MAKING CONTACT:

A Training for COVID-19 Case
Investigators and Contact Tracers

THE STEPS FOR COVID-19 CONTACT TRACING

Contact tracing is the process of notifying, interviewing, and educating people who have been exposed to a disease to prevent additional transmission. The steps involved in contact tracing for COVID-19 are outlined below.

1



Rapid Notification of Exposure

Contacts should be notified of their exposure as soon as possible—preferably within 24 hours of contact elicitation.

2



Contact Interview

During the interview, Contact Tracers will provide instructions on quarantine and how to monitor symptoms and get medical care, if needed. Contact Tracers will also identify any resources or services the contact might need to help them successfully follow quarantine guidance.

3



Medical Monitoring

Contacts will be monitored daily (usually through text, call or video conferencing) to collect information on their body temperature and any symptoms they might experience. In some situations, the contact might be asked to monitor their own symptoms and communicate with the health department if they experience new or more severe symptoms.

4



Contact Close Out

The decision to end quarantine will depend on whether the contact develops symptoms and the length of time they have been asymptomatic.

Adapted from the CDC web page "[Contact Tracing for COVID-19.](#)"