

Contact Tracing:

Do your part to keep your family, friends, and community safe

What You Can Expect to Happen During Contact Tracing
if you Have Been Diagnosed with COVID-19

1



If you have been diagnosed with

COVID-19, a public health worker will call you to check on your

health. They will ask you who you've been in contact with and where you spent time while you were sick and may have spread COVID-19 to others.

Any information you share is **CONFIDENTIAL**. This means that your personal and medical information will be kept private.

2



You will also be asked to **stay at home and to self-isolate**.

Self-isolation means staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible. Self-isolation helps slow the spread of COVID-19.

3



Continue to monitor your health. If your symptoms worsen or become severe, you should call Mary's Center at 844-796-2797.

Severe symptoms include:

- ◆ Trouble breathing
- ◆ Persistent pain or pressure in the chest
- ◆ Confusion, inability to wake or stay awake
- ◆ Bluish lips or face.

If you need support or assistance while self-isolating, Mary's Center or the health department may be able to provide assistance



Contact Tracing: What to Expect If you May Have Been Exposed to Someone with COVID-19

- 1**  If you have been in close contact with someone who has COVID-19, a public health worker will call you to inform you that you may have been exposed to the virus.

Any information you share with public health workers is **CONFIDENTIAL**. This means that your personal and medical information will be kept private.

- 2**  You should **stay at home and self-quarantine** for 14 days, starting from the last day you were possibly exposed to COVID-19. Self-quarantine means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others.

- 3**  Call Mary's Center to **get a COVID-19 test** at 844-796-2797, or the public health worker can provide information about other COVID-19 testing locations in your area.

- 4**  You should **take your temperature twice a day**, watch for fever and other symptoms of COVID-19, and notify Mary's Center at 844-796-2797 if you develop symptoms.

- 5**  If you become ill during the 14 days of self-quarantine or your symptoms worsen or become severe, you should notify Mary's Center immediately.

Emergency warning signs include: trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face

We can all work together to help slow the spread of COVID-19
We ask you to please answer the public health worker call
Do your part to keep your family and your community safe

www.maryscenter.org
844-796-2797

