How Does Contact Tracing Work?

Contact tracing is a simple, confidential process that has been used by public health departments for decades to slow the spread of infectious diseases and avoid outbreaks. You can do your part by answering a few simple questions when Public Health calls.

If you test positive for COVID-19

• Stay home and away from others to prevent the spread of COVID-19.
  - If you have symptoms stay home till at least 3 days after your fever is gone and there is improvement in your respiratory symptoms and at least 10 days have passed since your symptoms first started.
  - If you never had symptoms stay home till 10 days after the day you had your test.

• The public health department will contact you to follow-up. It is important to take this call.

Public Health will ask:
1. About the places you have been.
2. The people you have been around while you were infectious.

If you have been in contact with someone with COVID-19:

• Remain home for 14 days after your last contact with the person who had COVID-19.

• The Public Health department will call you to follow-up. It is important to take this call.

Public Health will ask:
1. If you are experiencing any symptoms or if you have been tested.
2. About places that you may have been too.

• In order to avoid you getting mixed up with another person, please provide them with your complete and correct information.

• They may call you more than once to check how you are doing during your 14 days at home.

• They will provide you with information on next steps based on your responses.

• They will also provide you with information on how to access services like testing for COVID-19 or how to find a doctor if you don’t already have one.

www.publichealth.lacounty.gov
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