

## COVID-19 Contact Tracing

### Protecting Against COVID-19

Contact tracing involves identifying people who are likely to get sick because of being in contact with those who have tested positive. Contact tracing is an important part of us going forward in reopening.

Local health departments conduct contact tracing every day for various infectious diseases. If you're sick, these local health department workers (nurses and other healthcare professionals) interview you and find out who you may have come into contact with and potentially exposed to your illness. Limiting contacts means the virus isn't able to infect other people. The virus lives in people. Limiting contacts means the virus has nowhere to live.

We have partnered with Partners in Health, a world-renowned organization that works to protect communities. They will bring in needed resources to implement our plan. With their help, we will increase our community tracers from a few hundred to possibly nearly 2,000.

The following describes the contact tracing process that will take place should you start to feel ill.

1. You call your healthcare provider and they may decide to test you for COVID-19 if you are exhibiting the symptoms. While you wait for the test results, you stay home and isolate yourself from others.
2. If you test positive for COVID-19, your healthcare provider will call you to let you know that you tested positive. They will notify the local health department, who will then notify the Ohio Department of Health so that the case is added to the state's data. During this time, you continue to stay home and isolate yourself.
3. Next, a public health worker who is performing contact tracing will reach out to you to voluntarily talk and create a line list that is made up of who you have been in contact with. This traces who you may have come into contact with and may have been exposed to the virus.
4. While you are still home and isolating, the public health worker who is conducting the contact tracing is in contact with those who you may have been around and may have been exposed. Those who have been exposed will self-quarantine and monitor their symptoms for cough, fever, and shortness of breath. If they show no symptoms, after 14 days, their quarantine lifts. If these individuals do begin to

show symptoms, they should contact their healthcare provider who may tell them to go and get a test.

For additional information, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.

# CORONAVIRUS DISEASE 2019 **Ohio** | Department of Health

Protect yourself and others from COVID-19 by taking these precautions.

## PREVENTION

For additional information call 1-833-4-ASK-ODH or visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).



STAY HOME



PRACTICE SOCIAL DISTANCING



GET ADEQUATE SLEEP AND EAT WELL-BALANCED MEALS



WASH HANDS OFTEN WITH WATER AND SOAP (20 SECONDS OR LONGER)



DRY HANDS WITH A CLEAN TOWEL OR AIR DRY YOUR HANDS



COVER YOUR MOUTH WITH A TISSUE OR SLEEVE WHEN COUGHING OR SNEEZING



AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH WITH UNWASHED HANDS OR AFTER TOUCHING SURFACES



CLEAN AND DISINFECT "HIGH-TOUCH" SURFACES OFTEN



CALL BEFORE VISITING YOUR DOCTOR



PRACTICE GOOD HYGIENE HABITS

For more information, visit: [coronavirus.ohio.gov](https://coronavirus.ohio.gov)