



Contact Tracing Tool for People Positive for COVID-19

If you have tested positive for COVID-19, you will get a call from a public health representative to identify your close contacts.

This form can help you identify your contacts so you will be ready for the call.

Step 1 Identify your CONTACT TRACING DATE:
Date of first symptoms, put the date you first felt sick OR
if no symptoms, put your date of testing ____/____/_____
Subtract 2 Days: ____/____/_____ this is your CONTACT TRACING DATE

Step 2 Who have you been in close contact with you since your CONTACT TRACING DATE? Close Contact is defined as being in contact with someone closer than 6 feet for more than 10 minutes. Include people who live in your home, friends, coworkers, in-home service providers, and others.

Name	Date of Last Contact	Their Phone Number
1.		
2.		
3.		
4.		
5.		

Step 3 Make a list of your activities beginning with your CONTACT TRACING DATE. Include things like visiting friends, going to work, appointments, recreational activities

Day One: ____/____/____ (CONTACT TRACING DATE)

Activity	Name of Person	Address	Phone Number

Day Two: ____/____/____

Activity	Name of Person	Address	Phone Number

Day Three: ____/____/____

Activity	Name of Person	Address	Phone Number

Day Four: ____/____/____

Activity	Name of Person	Address	Phone Number

Day Five: ____/____/____

Activity	Name of Person	Address	Phone Number

*Use additional sheets if necessary.