

Contact Tracing Tool

for People Being Tested for COVID-19

If you test positive for COVID-19, we ask that you notify any contacts you may have exposed. This form can help you identify your contacts.

STEP 1

Identify date of first symptoms

If you have had symptoms, put the date you first felt sick OR if you have had no symptoms then put your date of testing

____/____/____

SUBTRACT 2 DAYS: ____/____/____ = YOUR CONTACT TRACING DATE

STEP 2

Who has been in your house with you since your contact tracing date?

Include people who live in your home, and people who may have visited like friends, a babysitter or anyone else providing in-home services.

	Name of Person	Date Last in Home	Their Phone Number
1			
2			
3			
4			
5			

STEP 3

Make a list of what you did each day since your contact tracing date with as much detail as possible.

Include things like hanging out with neighbors, going to work, running errands, appointments, social or recreational activities outside the house, and if you used public transportation to get there. Use another piece of paper if needed.

Day One: ____/____/____

		People you were with		
Activity	Location	Name	Address	Phone Number

Day Two: ____/____/____

		People you were with		
Activity	Location	Name	Address	Phone Number

Day Three: ____/____/____

		People you were with		
Activity	Location	Name	Address	Phone Number

Day Four: ____/____/____

		People you were with		
Activity	Location	Name	Address	Phone Number

