

Contact tracing

helps to find cases so they can be isolated to reduce the spread of COVID-19

What to expect during contact tracing if you have been diagnosed with COVID-19



If you have COVID-19, a public health worker will call you.

They will ask about your contacts. Any information you share is confidential. Your name will not be shared with anyone you identify as a contact without your permission. You will not be asked about your citizenship or legal status.



You will be asked to stay at home and self-isolate, if you are not doing so already.

Self-isolation means staying away from other people and pets, and using a separate bathroom, if possible. Self-isolation helps slow the spread of COVID-19 and can keep your family, friends, and community safe.



Continue to monitor your health. If your symptoms get worse or become severe, you should seek medical care.

Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, trouble waking or staying awake, or bluish lips or face.



If you need support while self-isolating, call 2-1-1 for resource referrals.

Contact tracing

What to expect during contact tracing 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 COVID-19. Any information you share is confidential. You will not be asked about your citizenship or legal status.



2

You should stay at home and self-quarantine for 10 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 at all times. You can resume your normal activities if you do not have symptoms during this 10-day period.

OR

You should stay home and self-quarantine for 7 days, starting from the last day you were possibly exposed to COVID-19 if you test negative and you do not have any symptoms during this time. You should be tested on day 5 of your quarantine, and you will need to stay home for the full 7 days. It is important to continue to monitor for symptoms of COVID-19 for 14 days after your exposure.



3

Consider getting tested. The public health worker can provide you with information about testing locations. Wear a mask! Call your health care provider before your appointment or let your testing location know you may have been exposed to someone with COVID-19. *If you need support while you are in self-quarantine, you will be provided with information about community resources or you can call 2-1-1 for resource referrals.*



4

Take your temperature twice a day. Watch for fever and other symptoms of COVID-19, and use the resources provided to you to report your symptoms.



5

If you become ill while you are in self-quarantine, notify the Southern Nevada Health District with contact information that is provided to you, and seek medical care if your symptoms become severe. Emergency warning signs include trouble breathing, persistent pain or pressure in the chest, confusion, trouble waking or staying awake, or bluish lips or face.

We can all work together to help slow the spread of COVID-19.
Do your part to keep your family and your community safe.
Answer the call to slow the spread.