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 except to get medical care and keep away from others until:
  - At least 10 days have passed since your symptoms first started, and
  - You have had no fever for at least 24 hours, and
  - Your symptoms have improved.

• The public health department will call 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.

• The people you tell Public Health about will be contacted but will not be told your name, contact information or that you have COVID-19. They will be told they were exposed to COVID-19 and will also be asked to stay home to help stop others from getting sick.

If you get a call from Public Health it will show on your phone as LA PublicHealth or 1-(833) 641-0305.

www.publichealth.lacounty.gov

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

• You must stay home and monitor your health for 10 days after your last contact with the person with COVID-19.
  - Be extra careful from day 11 to day 14 and take precautions even when you are at home, like wearing a mask, staying 6 feet from others, and washing your hands often.
  - If you have been fully vaccinated and have no symptoms of COVID-19, you do not need to quarantine. You are considered fully vaccinated 2 weeks after your second dose in a 2-dose vaccine series or 2 weeks after a single-dose vaccine. For more information, visit ph.lacounty.gov/covidquarantine or talk to Public Health.

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

Public Health will ask:
1. If you have any COVID-19 symptoms or if you have been tested.
2. About places that you may have been to.

• In order to avoid you getting mixed up with another person, please give your complete and correct information.
• Public Health may call you more than once to check how you are doing.
• They will give you information on next steps based on your answers.
• They will also share information on resources and services, like where to get tested for COVID-19 or how to find a doctor.