

# Contact Tracing: What To Expect If You've Been Near Someone With COVID-19

If you were in close contact with someone with COVID-19, you may get a call from a contact tracer working with your local or tribal public health authority. A contact tracer reaches out to people who have been exposed to COVID-19 to offer guidance and support. Answering the call helps to slow the spread of the virus.

## You'll be asked to quarantine.



- **Quarantine means to stay home for 14 days** after you were near someone with COVID-19, even if you don't feel sick. Remember, you can spread the virus without having symptoms.
- **Contact tracers will call or text you daily during your quarantine** to find out how you're feeling.
- **If you start to feel sick, they'll ask you to get a COVID-19 test. They will also ask who you saw before you started quarantine.**
- **After 14 days, if you still feel good, you're done!**

## Symptoms of COVID-19:



Cough



Shortness of breath or difficulty breathing



Chills



Muscle pain



Sore throat



New loss of sense of taste or smell

## Contact tracers will share information about how to:



Prevent the spread of the virus



Care for yourself and your family



Connect with resources near you



**Oregon, let's answer the call.**

For individuals with disabilities or individuals who speak a language other than English, OHA can provide documents in alternate formats such as other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or [OHA.ADAModifications@dhs.oha.state.or.us](mailto:OHA.ADAModifications@dhs.oha.state.or.us).

**Oregon Health Authority**