

Contact Tracing Tool

You are being tested for COVID-19. This form will help you to identify people that you have been in contact with, so that you can warn them of potential exposure.

STEP

1

Identify the date of your first symptoms

If you have symptoms, put the date you first felt sick OR if you have no symptoms, use your testing date:

____ / ____ / ____

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 have visited.

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

STEP

3

Make a list of what you did, and who you encountered each day since your contact tracing date.

Include things like going to work, running errands, appointments and social activities. Include anyone that you had several minutes of contact with, with less than 6 feet of distance, without wearing masks.

Day One: ____ / ____ / ____

Activity	Masked?	Location	Name of Person	Their Phone Number

Day Two: ____ / ____ / ____

Activity	Masked?	Location	Name of Person	Their Phone Number

Contact Tracing Tool

STEP
3
Cont.

Make a list of what you did, and who you encountered each day since your contact tracing date.

Include things like going to work, running errands, appointments and social activities. Include anyone that you had several minutes of contact with, with less than 6 feet of distance, without wearing masks.

Day Three: ____ / ____ / ____

Activity	Masked?	Location	Name of Person	Their Phone Number

Day Four: ____ / ____ / ____

Activity	Masked?	Location	Name of Person	Their Phone Number

Day Five: ____ / ____ / ____

Activity	Masked?	Location	Name of Person	Their Phone Number

Day Six: ____ / ____ / ____

Activity	Masked?	Location	Name of Person	Their Phone Number