

How can I prepare for contact tracing?



Complete the following sections to be ready for outreach if it is needed. This will help you think about places you have been and people you have recently been around. The health department may also ask that you reach out to your own contacts to tell them they have been exposed.



If you test positive for COVID-19, someone from the health department may reach out to

check-in on your health, help you identify resources needed to safely isolate/quarantine, ask where you have spent time with others, and discuss who you have interacted with. Complete this form now to be ready for the call.

Things to think about. Have you been:



To work or school?



Together with others (at a restaurant or bar, gym, party, over to your house)?



To a store in person (grocery store, mall)?



To in-person appointments (salon, doctor's office)?



In a vehicle with others (Uber or Lyft, public transportation)?



Inside a place of worship?

Step 1

Make a list of the people in your household.

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

If you have more people to list than the space provided, write on another piece of paper.

Person's name	Date last in home	Phone
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____
6. _____	_____	_____

Step 2

Make a list of what you did each day using as much detail as possible.

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

To calculate your start date for potential exposure:

Write down the date you first felt sick if you have had symptoms OR your test date if you have had no symptoms: ____/____/____

Now write down the date two days before that day: ____/____/____ **This is your start date.**

	Activity	Location	Name	Phone
____/____/____ Start date	_____	_____	_____	_____
____/____/____ Day 2	_____	_____	_____	_____
____/____/____ Day 3	_____	_____	_____	_____
____/____/____ Day 4	_____	_____	_____	_____
____/____/____ Day 5	_____	_____	_____	_____
____/____/____ Day 6	_____	_____	_____	_____

Go to coronavirus.ohio.gov for more information.

You can locate the contact information for your local health district by visiting <https://odh.ohio.gov/wps/portal/gov/odh/find-local-health-districts> or contact the Ohio Department of Health with any questions you have about COVID-19 at 1-833-4-ASK-ODH (1-833-427-5634).

Note: The call center is staffed from 9 a.m. to 8 p.m. each day.
Source: "COVID-19 Contact Tracing. Protecting Against COVID-19," Ohio Department of Health.