

MAKING CONTACT:

A Training for COVID-19 Contact Tracers

GUIDANCE ON COMMUNITY-RELATED EXPOSURE TO COVID-19

As COVID-19 spreads in the United States, we’re seeing what we call “community transmission,” meaning the virus is spreading in the community from an unknown source. Your goal as a Contact Tracer will be to limit this type of transmission by investigating cases and exposures to the virus, and identifying potential links to others. Depending on the type of exposure a person had, a Contact Tracer may share different advice and instructions:

If a person is...	With exposure to...	Recommended steps include...
<ul style="list-style-type: none"> A household member. An intimate partner. An individual providing care in a household without using recommended infection control protections. An individual who has had close contact (less than six feet) for a prolonged period of time.* <p><i>* There’s a lot we’re still learning about COVID-19, and we don’t yet have an exact definition about how long a “prolonged” period of time is. Recommendations suggest using 15 minutes as a working definition.</i></p>	<ul style="list-style-type: none"> A person who has symptomatic COVID-19,** between the 48 hours before their symptoms began and the point when that person is able to stop home isolation. <p><i>**The person can have a lab-confirmed COVID-19 test—or, in a state with high rates of community transmission, a person can be considered symptomatic for COVID-19 if they have clinical symptoms that resemble COVID-19.</i></p>	<ul style="list-style-type: none"> Staying home until 14 days after last exposure and keeping social distance (at least six feet) at all times. Self-monitoring for symptoms: <ul style="list-style-type: none"> Checking temperature twice a day. Watching for fever, cough, or shortness of breath. Avoiding contact with people at higher risk for severe illness (unless they live in the same home and had same exposure). Following CDC guidance if symptoms develop.
<ul style="list-style-type: none"> A U.S. resident, other than those with a known risk exposure. 	<ul style="list-style-type: none"> Possible unrecognized COVID-19 exposures in U.S. communities. 	<ul style="list-style-type: none"> Being alert for symptoms: <ul style="list-style-type: none"> Watching for fever, cough, or shortness of breath. Taking temperature if symptoms develop. Practicing social distancing: <ul style="list-style-type: none"> Maintaining six feet of distance from others. Staying out of crowded places. Following CDC guidance if symptoms develop.

Adapted from [Public Health Recommendations for Community-Related Exposure](#) (CDC)