What Is Contact Tracing?

Contact tracing means calling people who may have been exposed to COVID-19. Public Health uses contact tracing to help prevent the spread of diseases, such as measles and COVID-19. Answer the call to help keep you and your community safe and stop the spread of COVID-19.

Here's how it works

A health care provider says your COVID-19 test is positive.

Next, your local or tribal public health authority will call and help you:

- Learn how to safely self-isolate:
  - Self-isolate means that you stay away from everyone, including the people you live with.
- Remember where you have been and who you saw while you were contagious. These people are called your contacts.

While you self-isolate, contact tracers from your local or tribal public health authority will call your contacts. To protect your privacy, contact tracers will not mention your name.

Contact tracers will:

- Connect your contacts with resources and
- Recommend that they quarantine.
  - Quarantine means to stay home and six feet away from everyone.

Contact tracers will call or text your contacts every day to see how they are feeling.

If, while quarantining, a contact does develop symptoms:

- Contact tracers will encourage them to get a COVID-19 test and ask who they saw before they started quarantining.
- A contact tracer will follow up with their contacts.

At the end of quarantine, contacts who have not developed symptoms can stop their quarantine.

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.ADModifications@dhs.oha.state.or.us.

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