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.

If you have received the COVID-19 vaccine, you do not need to quarantine if:

- You have received both doses of a two-dose COVID-19 vaccine or one dose of a single-dose vaccine AND
- It has been at least 14 days since your final dose of COVID-19 vaccine AND
- You have no COVID-19 symptoms
- You should still monitor yourself for COVID-19 symptoms during the 14 days after exposure, and if symptoms develop, you should isolate and seek testing.

Symptoms of COVID-19:

- Shortness of breath or difficulty breathing
- Cough
- Fatigue
- Fever
- New loss of sense of taste or smell
- Sore throat
- Muscle or body aches
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Headache

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

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsoha.state.or.us.