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.
- A 14-day quarantine is the safest option to prevent the spread of COVID-19 to others. If you have not had any symptoms, you may consider ending quarantine after 10 days, without any testing, or after seven days, if you have had a negative result from an antigen or PCR test that was administered less than 48 hours before you end quarantine.

If you choose to shorten your quarantine period there is a small chance you may transmit the infection to others post-quarantine so it is critical that you continue to monitor yourself for symptoms daily.

If you develop symptoms, you should continue to avoid contact with others and call your healthcare provider to discuss testing.

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 if it becomes available) 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:**

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

**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

**Oregon, let’s answer the call.**

**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.