

# 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

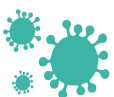


Diarrhea



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



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@dhsosha.state.or.us](mailto:COVID19.LanguageAccess@dhsosha.state.or.us).

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