Below we summarize the process used for tracking and contacting people:

Contact tracing:

Epidemiologists use **contact tracing** to identify those who have come into **direct contac**t with someone who has tested positive for COVID-19. Once identified, these individuals, known as **contacts**, are asked to quarantine and watch for signs of illness for 14 days from the last day they came in contact with the individual who tested positive for the virus.

The most recent scientific evidence suggests that COVID-19 is contracted by **direct contact** and can occur in one or more of three ways:

1. Direct touching or exchange of fluids with someone who has tested positive for COVID-19
2. Droplet spread, which is caused by the spray of droplets during coughing and sneezing. You can infect another person through droplets created when you speak but once droplets fall to the ground risk is decreased. This type of transmission requires close proximity (2-3 feet)
3. Being within approximately 6 feet of a verified COVID-19 patient for a **prolonged** period of time; i.e. sitting next to them on public transportation or in a waiting room.

Risk categories for person to person disease transmission:

High: Living in the same household as, being an intimate partner of, or providing care in a nonhealthcare setting (such as a home) for a person with symptomatic laboratory-confirmed COVID-19 infection **without using recommended precautions** of isolation

Medium: Close contact with a person with symptomatic laboratory-confirmed COVID-19, including Living in the same household as, an intimate partner of, or caring for a person in a nonhealthcare setting (such as a home) to a person with symptomatic laboratory-confirmed COVID-19 infection **while consistently using recommended precautions** for home care and home isolation.

Low: Being in the same indoor environment (e.g., a classroom, a hospital waiting room) as a person with symptomatic laboratory-confirmed COVID-19 for a prolonged period of time but not meeting the definition of close contact (less than 6 feet).

No identifiable risk: Interactions with a person with symptomatic laboratory-confirmed COVID-19 infection that do not meet any of the high-, medium- or low-risk conditions above, such as **walking by the person or being briefly in the same room**

How to minimize the spread of COVID-19 in our community:

Social distancing aims to prevent sick people (or even those who are without symptoms but are COVID-19 positive) from coming into close contact with healthy people in order to reduce opportunities for disease transmission. It can include canceling group events or closing public spaces, as well as individual decisions such as avoiding crowds. The goal is to slow down the spread of disease. It's particularly important to maintain that same 6-foot distance from anyone who is demonstrating signs of illness, including coughing, sneezing, or fever. In fact, everyone is being encouraged to maintain a 6-foot distance from other to minimize disease transmission when COVID-19 status is unknown.

Quarantine helps protect the public by preventing exposure to people who have or may have COVID-19. **Quarantine**, in general, means the separation of a person reasonably believed to have been *exposed* but may not yet be symptomatic from others who have not been exposed in order to prevent the possible spread of the disease. With COVID-19, the CDC has recommended a 14-day period to monitor for symptoms, during which time you should **not come in contact with individuals outside your home.**

Isolation refers to the separation of a person or people known or reasonably believed to be infected or contagious from those who are not infected in order to prevent spread of the disease. Isolation may be voluntary, or compelled by governmental or public health authorities

What if I feel sick?

First and foremost-stay home

1. Symptoms consistent with allergies- runny nose, scratchy eyes, sneezing: Monitor symptoms, no testing is indicated but, again, please stay home if you feel sick.
2. Fever with no respiratory symptoms: Monitor symptoms, manage with OTC medications and self-quarantine until the symptoms are resolved, no testing indicated.
3. Fever, Shortness of breath, cough, malaise: Call your primary care provider for guidance. Testing for COVID-19 may or may not be indicated based on your age, risk factors, and severity of symptoms. Self- quarantine for 14 days.