

IT IS IMPORTANT THAT YOU NOTIFY YOUR CLOSE CONTACTS SO THEY ARE AWARE OF THEIR EXPOSURE AND CAN TAKE MEASURES TO STOP COVID-19 TRANSMISSION.

What is My Infectious or Contagious Period?

Enter the date you first had symptoms or if you do not have symptoms, the day you were tested for COVID-19.

This is your **Onset date/Test Date:** _____

Two Days Prior is your **Infectious/Contagious Date:** _____

Add 10 days to the **Onset Date/Test Date** to find your **Release from Isolation Date:** _____

If you haven't had a fever for 24 hours and your symptoms are improving by your release from isolation date, then you are no longer able to transmit your infection to others. Please stay isolated through the end of this day.

Example Infectious Period Calculations: Anyone you would have close contact with during the shaded time period would be recommended to quarantine for 14 days **AFTER** the last date they were in contact with you.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
Contagious Date		Onset Date/Test Date (if no symptoms)				
15	16	17	18	19	20	21
					Release from Isolation Date @ 11:59PM	
22	23	24	25	26	27	28
29	30					

Contact tracing not only helps to slow the spread of COVID-19, it also helps protect your family and your community!

Things to remember:

- ✓ Any information you share with the health department staff is **CONFIDENTIAL**. This means that your name and personal/medical information will be kept private!
- ✓ Your name will not be shared with those that you came in contact with. The health department will only notify people you were in close contact with and let them know they have been exposed to a COVID-19 case.

Who Should I Notify?

Think about people you have been in close contact with during your infectious period at work, school, child care, in-person appointments, social gatherings, etc. **Close Contact** is anyone you were within 6 feet of for a total of 15 cumulative minutes or more while you were infectious.

Be sure to notify your work supervisor, school, child care, college/university, coach, social gathering organizers, etc.

Use the Following Tool to Help You Document your Close Contacts

List all the people that live in your household:

List all the people you had close contact with during your contagious period:

List all your workplaces, volunteer places, schools, childcares, college/universities you were at while you were contagious:

*Keep this information for when the Public Health Nurse calls to help determine who all the close contacts are. They can help reach out to the contacts and provide further guidance as needed.

What Should I Say to My Close Contacts?

You can start the conversation by using the following message?

"Hi _____. I have been diagnosed with COVID-19 and I am reaching out to you because you may have been exposed to COVID-19. You should quarantine for 14 days from when we were last together and follow the recommendations in the Wayne County Health Department's Close Contact Factsheet."



Wayne County Health Department

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