

# Contact Tracing

How St. Joseph County Department of Health finds and isolates new cases quickly to slow the spread of COVID-19.



SJCDoH contacts the person confirmed with COVID-19.



**SJCDoH follows up with all close contacts of a confirmed case within one business day to begin the process below.**



Contact with symptoms



Self-isolate at home.

+

At least 7 days have passed since symptoms began.

+

Fever free for at least 72 hours (3 days).



Contact without symptoms



Self-quarantine at home for 14 days.

Contact reports temperature and symptoms to SJCDoH daily.



If no symptoms after 14 days, contact is at low risk of getting COVID-19 from the person confirmed with COVID-19.



Contact who failed to self isolate



May spread COVID-19 to new contacts.



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# TESTING

DOES NOT CHANGE THE

# TREATMENT

Testing is currently available for priority as directed to hospital patients, high risk, **healthcare workers** and **first responders**.



*If you are feeling anxious about not being able to get tested for COVID-19, remember testing **does not** change the treatment!*

- If you are ill, **stay home!**
- Separate yourself from other household members and **stay in home isolation until 3 things have happened:**



**At least 7 days have passed since symptoms first appeared**



**Fever-free for 72 hours (3 days) without use of medication**



**Symptoms have improved, such as cough or shortness of breath**

## ISOLATION

For people who are **ill**

- Separates people who have a very contagious disease from those who are healthy.

## QUARANTINE

For people who are **exposed**

- Applies to people who are not yet ill, but have been exposed to a very contagious disease.

Both of these are public health strategies to stop the spread of a very contagious disease.



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