

# Testing Positive: How To Protect Your Family & Friends

If you test positive for COVID-19, a contact tracer will call to help you develop a care plan. They will provide FREE resources and guidance on how you can protect the people in your life. Complete this form now to be ready for the call.

## STEP 1

### CALCULATE YOUR START DATE.

If you've had symptoms, put the date you first felt sick OR if you have had no symptoms then put your date of testing.

Test date or date you felt sick \_\_\_\_/\_\_\_\_/\_\_\_\_

Subtract 2 days \_\_\_\_/\_\_\_\_/\_\_\_\_ = start date

## STEP 2

### MAKE A LIST OF THE PEOPLE IN YOUR HOUSE.

Include people who live in your home, and people who may have visited like friends, a babysitter or anyone else providing in-home services.

	PERSON'S NAME	DATE LAST IN HOME	THEIR PHONE NUMBER
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____

## STEP 3

### MAKE A LIST OF WHAT YOU DID EACH DAY USING AS MUCH DETAIL AS POSSIBLE.

Include things like hanging out with neighbors, going to work, running errands, appointments, social or recreational activities outside the house, and if you used public transportation to get there. Use another piece of paper if needed.

START DATE	ACTIVITY	LOCATION	PEOPLE YOU WERE WITH		
___/___/___			Name	Address	Phone Number
	_____	_____	_____	_____	_____

DAY 2	ACTIVITY	LOCATION	PEOPLE YOU WERE WITH		
___/___/___			Name	Address	Phone Number
	_____	_____	_____	_____	_____

DAY 3	ACTIVITY	LOCATION	PEOPLE YOU WERE WITH		
___/___/___			Name	Address	Phone Number
	_____	_____	_____	_____	_____

DAY 4	ACTIVITY	LOCATION	PEOPLE YOU WERE WITH		
___/___/___			Name	Address	Phone Number
	_____	_____	_____	_____	_____