Contact tracing means calling people who may have been exposed to someone who has tested positive for COVID-19 to provide guidance and support. It’s a key tool for preventing the spread of the COVID-19 virus.

I may have been exposed to someone with Covid-19.

The local health department or OSU instructed me to self-quarantine for 14 days from the date of my exposure.

While in quarantine, stay home as instructed, monitor for symptoms, stay 6’ away from others and avoid anyone with higher risk of more serious illness, including those with underlying health conditions. Someone will check with you about any symptoms or any other needs.

I will continue to watch closely for symptoms of COVID-19, use face coverings, maintain 6’ of physical distance and avoid large gatherings.

A contact tracer will ask you:
- If you need an interpreter in a language other than English.
- Your name, date of birth and where you live.
- If you have any symptoms of COVID-19.
- If you need a place to stay
- If you need food or have other needs to help you stay at home.
- Your race, ethnicity, language and disability information.

A contact tracer will never ask for your:
- Social Security number.
- Bank account or credit card number.
- Immigration status.

The caller will not:
- Say you need to pay for this service.
- Make a threat to put you or your family in jail if you don’t speak to the contact tracer.

Answer the call! Contact tracers from the Benton County Health Department will leave a voicemail. Be sure to call them back.

Source: Oregon Health Authority