If you are diagnosed with COVID-19, you will be asked by an epidemiologist from your county health department about everyone you’ve come in contact with over the last 2 weeks. The epidemiologist will talk to each person and ask them about their health. This is called contact tracing and it’s a core public health function.

When you provide all of your contacts, you are helping stop the spread of COVID-19.

1 You tested positive for COVID-19.
   - Home isolation and at-home care for 14 days is what most people need. Be sure to:
     - Isolate in one room, and have sole use of a bathroom if possible.
     - Keep track of your symptoms.
     - Get rest and stay hydrated.
     - Ask your health care provider about pain and fever medication.
     - Follow the Centers for Disease Control and Prevention’s guidance for at-home care: CDC.gov/coronavirus/2019-ncov/if-you-are-sick/

2 A local epidemiologist will ask, “Who have you been in contact with over the last two weeks?”
   - These contacts show symptoms. They must self-isolate at home for 14 days. If their symptoms get worse, they will probably be tested.
   - These contacts may be asked about their contacts.

3 The epidemiologist and your county health department will monitor you and your contacts over a number of days.
   - This missed contact could spread COVID-19 to other people.
   - To slow the spread of COVID-19, epidemiologists will try to find this contact.

   - This contact shows no symptoms. They will be asked to self-isolate for 14 days.
   - Some people with COVID-19 have no apparent symptoms.
     - This contact will also be asked to:
       - Practice social distancing: keep at least 6 feet between themselves and others.
       - Keep track of possible COVID-19 symptoms: fever, cough and shortness of breath.
       - Find more information: FLHealthCOVID19.gov or CDC.gov/coronavirus.