A Parent's Guide to Contact Tracing - What to Expect



What is contact tracing? How does it help stop the spread of COVID-19?

- Contact tracing has been used in Santa Clara County and around the world for a long time to prevent the spread of infections.
- It is a way to identify people who came into contact with someone who tested positive for a disease (such as measles, tuberculosis, or COVID-19) that can be transmitted to others.
- By finding people who were in close contact* with someone who tested positive for COVID-19, they can be notified <u>before</u> they showany signs of being sick. If they quarantine at home right away, they are not out in the community spreading the virus to others.

Step 1

When a student or teacher tests positive for COVID-19, their name and contact information are provided to the local Public Health Department.

Step 2

Public Health staff will call the parent or teacher to help them remember everyone in the same **stable cohort** as the COVID-positive person, or who the student/teacher had **close contact** with (at school, home, or in the community) and who may have been exposed to the virus.

<u>Close Contact</u>=Anyone who was near a COVID-positive person (within six feet for more than 15 minutes) during the time they were infectious and could pass on COVID-19.

<u>Stable Cohort</u>=A group of children/youth and their teacher/coach, who stay together for all activities (e.g., instruction, support, meals, recreation, etc.) and avoid contact with others outside of their group while in that setting.

Step 3

Contact tracers (working on behalf of Public Health) get in touch with the student's/teacher's contacts to recommend next steps (such as monitoring for symptoms, getting tested and staying in quarantine).

Note: Your/your child's information is protected according to confidentiality laws. (17 CCR 2502(f))

Step 4

Contacts are given information & support to:

- Understand COVID-19 risk and how the infection spreads
- · When and how to get tested
- How to separate themselves to protect others who were not exposed (quarantine)
- How to monitor for symptoms and what to do if they have symptoms
- Access community supportive services for isolation and quarantine



* NEW -Fully vaccinated individuals may not be required to quarantine, if they meet certain conditions. See sccotayhome.org for more info.

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more about contact tracing: sccstayhome.org