You've Already Taken the First Step to Slow the Spread of COVID-19

Now that you've been tested, here's what to do next to protect the people you care about and your community.

About Contact Tracing

Be a hero. If you test positive for COVID-19, make sure people you've been around recently for more than a few minutes stay safe. Some people call this contact tracing. We call it your superpower in the face of this pandemic!

Here's how you do it:

Make a list. Think of people you've spent time with over the past two weeks or so and make a list. In case you test positive, you will already be prepared to take the first, most urgent step: sharing this list with your local health department's team to help alert others who might be at risk.

Stay home. If you can, be in a room by yourself with the door closed and use your own bathroom. Do your best to stay away from other people until you get your test result, and to always wear a mask if you are near people.

Answer the call! If you test positive, you'll get a phone call or text from a member of the COVID-19 Community Outreach Team, who is from your local health department. They will answer your questions, offer advice on taking care of yourself, and may be able to connect you to available support such as delivery of groceries, medications, and COVID-19 related supplies like masks and a thermometer.

Share. You'll talk with a member of the COVID-19 Community Outreach Team about the people you've been around recently. Then the COVID-19 Community Outreach Team member will tell them they may have been close to someone who tested positive for COVID-19. This is done confidentially, which means they will not give your name. They will also direct your close contacts to stay home, and provide them with information on how to get tested. At no point during these conversations will you be asked to provide your Social Security number, bank account or credit card information, or immigration status.

Rest assured. The member of the COVID-19 Community Outreach Team will keep your identity private. Your personal health information is also protected and not shared with other government agencies – that's the law.

You can help slow the spread of COVID-19. If you see your local health department or NC Outreach (844-628-7223) appear on your phone, please answer the call to protect your community and the people you care about. You may also call NC Outreach (844-628-7223) to learn more about available support to stay healthy.

BE THE ONE

For more information visit www.covid19.ncdhhs.gov.

NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Use This Sheet to Make the List of All the People You Have Been Around Recently

If you test positive for COVID-19, a case investigator will call you to discuss who you have been around and ask where you spent time to determine where you were likely exposed to COVID-19 and who else may have been exposed to COVID-19. This quick list can help you think about people you have recently been around so you will be ready if your local health department reaches out to you to get this information.

Here are some things to think about. Have you:
- Gone to work or school?
- Gotten together with others (eaten out at a restaurant, gone out for drinks, exercised with others, had friends or family over to your place, volunteered, gone to a party, pool, or park)?
- Gone to a store in person (grocery store, mall)?
- Gone to in-person appointments (salon, barber, doctors or dentist's office)?
- Ridden in a car with others (including in an Uber or a Lyft) or took public transportation?
- Been inside a church, synagogue, mosque or other places of worship?

Who lives with you?

_____

Who have you been around in the last 14 days? (If you need more space, write on a separate piece of paper or make this list on your electronic device.)

NAME	PHONE	DATE YOU LAST SAW THEM	WHERE YOU LAST SAW THEM

What activities have you done in the last 14 days that involved other people?

ACTIVITY	LOCATION	DATE

YOU KNOW THE 3 Ws, NOW MEET THE APP
- Download the SlowCOVIDNC app to anonymously share a positive COVID19 test result and notify those with whom you have been in recent close contact
- The app protects your identity and privacy while empowering you to protect yourself, your family, and your community
- Available in the Apple App Store and Google Play Store
- Learn more here: covid19.ncdhhs.gov/slowcovidnc

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