HOW TO PREPARE AND WHAT TO EXPECT

1. Talk about the person’s health.
   - The case investigator will:
     ✓ Discuss how to manage any symptoms.
     ✓ Discuss how to prevent other people from getting sick by recommending to isolate the person with COVID-19 and quarantine other household members.
     ✓ Make sure the family has the resources they need to stay safe and healthy in isolation.
   - A case investigator may also speak with the person’s doctor to find out more specific health information.

2. Identify who may have been exposed to COVID-19. This is done by identifying those who had close contact.
   - The case investigator will:
     ✓ Talk to the person or their parent/guardian about who they or their child has spent time with in school and outside of school.
     ✓ Talk to school staff (teacher, bus driver) to obtain class schedules, seating charts, or other information. The name and identity of the person with COVID-19 will not be shared with the school.

3. Talk about COVID-19 symptoms and information about testing.
   - The contact tracer will help make sure anyone identified as a close contact:
     ✓ Knows the symptoms of COVID-19.
     ✓ Understands how to monitor their own (or their child’s) health.
     ✓ Knows where and how to get tested.

   - If a contact tests negative, VDH still recommends that they complete a full 14-day quarantine. Count their day of last exposure as Day 0. If they are not able to stay home for 14 days after their exposure and they have no symptoms, they may leave home after Day 10 without testing or after Day 7 if a PCR or antigen test performed on or after Day 5 is negative.

4. Enroll the contact in the VDH contact monitoring and reporting tool “Sara Alert”.
   - This will allow the local health department to check on the person every day regarding their symptoms, and connect them to care if needed.

5. Talk about quarantine recommendations and resources.
   - Close contacts should quarantine (stay home) and monitor for symptoms for 14 days after their last exposure. If they are not able to stay home for 14 days and do not have symptoms, they may leave home earlier:
     ✓ Counting their date of last exposure as Day 0, they may leave home after Day 10; OR
     ✓ After Day 7 with a negative PCR or antigen test performed on or after Day 5.

   - Did you know?
     Contacts of contacts do not need to quarantine.