

COVID-19: How to Notify Your Contacts

First day of symptoms (or if never had symptoms; day tested positive for COVID-19): _____

Subtract two days: _____ (start of contagious period)

Things to think about. Have you recently:

- Gone to work or school?
- Gone to any in-person appointments?
- Gotten together with others?
- Ridden in a car with others or took public transportation?
- Gone to a store in person?
- Been inside a place of worship?

List all people in your household while you were contagious (*including people who live with you, people who may have visited, or people providing in-home services*):

List other people you had close contact with while you were contagious,

At work or school:

In or near your home:

At any other places you have visited:
