



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

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Case Investigation and Contact Tracing

Case investigation and contact tracing are core methods used by Tribal, local, and state health departments for controlling the spread of an infectious disease; it is a key strategy in preventing the spread of COVID-19.

Case Investigation & Contact Tracing

Case investigation is part of the process of supporting those suspected of infection. Public health staff will contact a patient and work with them to help them recall everyone they have been in contact with during the time they were contagious. This can include recalling places visited in addition to who they had contact with during that time. Once the case investigation is complete, public health staff begin contact tracing.

Contact Tracers contact individuals about their potential exposure to COVID-19 (or other infectious diseases). Individuals (contacts) are warned as rapidly and sensitively, as possible. To protect privacy, individuals (contacts) are told they may have been in contact with a person infected with SARS-CoV-2, the virus that causes COVID-19, but the identity of the infected person is not revealed.

Contacts receive education, information, and support to understand their risk, how to self-isolate to reduce the possibility of spreading the virus, monitor themselves for illness, and the possibility that they could spread the infection to others even if they do not become ill.

★ What Happens During Contact Tracing? ★

Individuals potentially exposed to COVID-19 should...

- Self-isolate, stay home, and maintain physical distance (6 feet) from others for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons).
- Be provided assistance to testing and care
- Monitor their health
 - Check temperature 2 times a day
 - Watch for coughing or shortness of breath
- Have check-ins with public health staff or their doctor/Tribal healthcare provider to make sure they are self-monitoring and have not developed symptoms
 - If symptoms occur, individuals are encouraged to promptly notify public health staff
- Seek medical care if needed

For more information, or to learn more about frequently asked questions, visit the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing-comms.html).

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing-comms.html>
<https://www.cdc.gov/coronavirus/2019-ncov/php/principles-contact-tracing.html>



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For more information, visit NIHB's National Tribal COVID-19 Response page at www.nihb.org