

Contact Tracing

Contact tracing slows the spread of COVID-19 by:

- Letting people know they may have been exposed to COVID-19 so they can monitor their health for signs and symptoms of COVID-19.
- Helping people who may have been exposed to COVID-19 get tested.
- Asking people to self-isolate if they have COVID-19 or self-quarantine if they are a close contact.

Contact Tracing is Confidential

- Your personal and medical information will be kept private.
- Your name will NOT be shared with those you have had contact.

The Health Department staff will NOT ask you for:

- Money
- Social Security number
- Bank account information
- Salary information
- Credit card numbers
- Health insurance information

Why Wear a Mask?

Masks are recommended as a simple barrier to help prevent the spread of COVID-19. Emerging evidence from clinical and laboratory studies that shows masks reduce the spray of droplets when worn over the nose and mouth. COVID-19 spreads mainly among people who are in close contact with one another (within about 6 feet), so the use of masks is particularly important in settings where people are close to each other or where social distancing is difficult to maintain.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html#recent-studies>



**Sangamon County
Department of Public Health
COVID-19 HOTLINE
217-321-2606**



COVID-19 Testing

Recommended Guidelines

If you have been exposed, traveled or attended a large gathering, please wait 4 days after the exposure or arriving home from your travel destination before testing for COVID-19

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Test Results

SIU School of Medicine provides COVID-19 testing at our location. An agent from SIU will call to discuss your results within 5-7 days. For questions, visit www.siumed.org/covidtest

While Waiting for Test Results

- Self Quarantine at home.
- If you live with others:
 - Stay in a specific room and away from people and pets.
 - Wear a face cloth over your nose and mouth if in a common area.
- Inform your work supervisor you have tested for COVID-19 and the date of testing.

Whether or not you are ill:

- Wear a mask.
- Wash your hands often.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Clean all 'high-touch' surfaces often—counters, table tops, doorknobs, bathroom fixtures, toilets, phones, shared electronic equipment, etc.

If you Test Negative:

- Follow guidance from your local health department
- Continue to practice protective measures
- If you test negative and begin to experience symptoms, retesting should be considered.

If you Test Positive:

- Keep your entire household at home, stay in a specific room away from other people and pets, and wear a mask.
- Most cases can be cared for at home. Do not go to the hospital unless you have a medical emergency.
- Stay in touch with your doctor.
- Do not go to work. Notify your employer of your positive test result and test date.
- Monitor any symptoms:

Allergy/Cold Symptoms	Headache
Sinus congestion	Shortness of breath
Nasal pressure	Muscle/Body aches
Runny nose	Extreme fatigue
Loss of taste or smell	Nausea
Sore throat	Vomiting

- SCDPH will call you for contact tracing information.

When does Quarantine End:

Quarantine is for people who have been in contact with someone who has tested positive to see if they become sick.

Quarantine lasts a minimum of 14 days (even if you test negative) after last contact to a positive case, or longer as determined by SCDPH nurse.

When does Isolation End:

Isolation separates sick people from people who are not sick.

If you test positive for COVID-19, stay at home and limit contact with others until:

- You have been fever-free for at least 3 days without using medicine that reduces fevers **AND**
- Your respiratory symptoms (e.g. cough, shortness of breath) have improved **AND**
- At least 10 days have passed since your symptoms first appeared **AND**
- You get released by an agent from the Health Department.