



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 involves supporting those suspected of infection. During this process public health staff contact a patient and work with him/her 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 cause 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 should

1. ... self-isolate, stay home, and maintain physical distance (6 feet) from others for 14 days since last exposure
2. ... be provided assistance to testing and care
3. ... monitor their health
 - a. Check temperate 2 times a day
 - b. Watch for coughing or shortness of breath
4. ... have check-ins with public health staff to make sure they are self-monitoring and have not developed symptoms
 - a. If symptoms occur, individuals are encouraged to promptly notify public health staff
5. ... seek medical care. if needed

Resources

https://www.cdc.gov/coronavirus/2019-ncov/php/open-america/contact-tracing-resources.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fphp%2Fopen-america%2Fcontact-tracing.html

Self-Isolation and Self-Quarantine Home Assessment Checklist: https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/self-quarantine_form.pdf

COVID-19 Case Investigation and Contact Tracing for Health Departments: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/principles-contact-tracing-booklet.pdf>

Health Department Checklist: Developing a Case Investigation & Contact Tracing Plan: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/health-department-checklist-final.pdf>

COVID-19 Sample Training Plans for Contact Tracers, Case Investigators, and Supervisors: <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/index.html>

Disclaimer:

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