

Contact tracing has been used for decades by state and local health depts to slow or stop the spread of infectious diseases.

Contacts and Tracing

Contact tracing slows the spread of COVID-19 by

- Letting people know they may have been exposed to COVID-19 and should 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 of someone with COVID-19

