

**Bear River Health Department
COVID-19 Positive Case Worksheet**



This worksheet will help you identify individuals you have been in contact with while you were contagious with COVID-19. These people will need to be notified to quarantine. It will also help you identify how long you need to be in isolation.

Month/Date/Year	
Date you received the positive test:	
Date you started showing symptoms: <i>*NOTE: You are contagious 2 days prior to when you started showing symptoms</i>	

As a positive COVID-19 case, you should stay isolated from other people until you have been fever-free AND your symptoms have gotten better for at least 24 hours AND it has been at least 10 days since you first got sick.

Based on the 2 days prior of showing symptoms, think about the people you were around and were within 6 feet of each other for 15 minutes or more. Write their names and phone number in the appropriate boxes below:

DATE:	INDIVIDUAL'S NAME:	INDIVIDUAL PHONE #:
<i>Example: Nov 6, 2020 (2 days prior to symptom onset)</i>	Jane Smith	435-555-5555

After identifying the individuals you need to contact, please call them and inform them they have been exposed and need to go into quarantine. Tell them to visit the website <https://brhd.org/contact-tracing/> to download the quarantine "Care Packet" and to learn more about quarantine.