Contact tracing starts at the Long Beach Department of Health and Human Services when we receive a positive test result from a laboratory or healthcare provider for an individual in Long Beach.

We contact individuals who have tested positive.

We advise positive individuals to stay home for at least ten (10) days after symptoms first appear, and at least 3 days (72 hours) after their fever is gone without the use of fever-reducing medications, and other symptoms have improved. If an individual never had symptoms, we advise them to self-isolate for 10 days from the date of their positive test.

During contact tracing, we ask individuals for:
- Basic demographic information
- When symptom first appeared
- Source of possible exposure
- A list of possibly exposed contacts

Close contacts of someone who is COVID-19 positive will be contacted.

Close contacts are individuals who have had any of the following interactions with a COVID positive person:

- Was within six-feet for more than 10 minutes
- Had direct contact with sneezes or coughs
- Lives with or frequents the household
- A caregiver
- Is an intimate partner

We ask close contacts to stay home and monitor their health for 14 days after they were last around someone with COVID-19.

COVID-19 symptoms can range from mild (or no symptoms) to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People may have a combination of various symptoms.

- Fever
- New Loss of Taste or Smell
- Cough
- Shortness of Breath or Difficulty Breathing
- Sore Throat
- Chills
- Muscle Pain

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