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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.



2

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.



3

During contact tracing, we ask individuals for:

- Basic demographic information
- When symptom first appeared
- Source of possible exposure
- A list of possibly exposed contacts



4

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

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