



CONTACT TRACING SLOWS THE SPREAD OF COVID-19 ANSWER THE CALL

The Oneida County Health Department is working hard to slow the spread of COVID-19. If you have been exposed to COVID-19, we will call you to notify you. You should self-quarantine at home and follow our instructions. Making a choice to help us in the fight against COVID-19 keeps you, your family, and your community safe. Help us slow transmission and **answer the call to slow the spread**. For more information, visit www.thecenterutica.org. This is a message from The Center.

Key Actions

- Pick up the phone when your health department calls.
- Follow health department guidance.
- Notify your healthcare provider if you become ill.
- Call your healthcare provider if you start to feel ill and you have not been tested for COVID-19.
- If you have been in close contact with someone with COVID-19, you should stay at home and self-quarantine for 14 days, starting from the most recent day that you were possibly exposed to COVID-19. Monitor yourself, and maintain social distancing (at least 6 feet) from others at all times.
- Notify those who you had close contact with recently if you become ill.
- Know what symptoms mean you need to go to the hospital right away.
- Seek medical care if symptoms become severe. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.



- We can work together to help slow the spread of COVID-19. If you have been exposed to someone with COVID-19, we will call you and ask you to self-quarantine at home for 14 days from the day that you were exposed. Do your part to keep your family and your community safe: answer the call to slow the spread.
- If you have been in close contact with someone with COVID-19, someone from Oneida County Health Department might call you to inform you that you've been exposed and ask you to stay at home and self-quarantine. Staying at home helps keep you, your family, and your community safe. Choose to be part of the solution and help us slow the spread of COVID-19.
- If you are sick with COVID-19, someone from Oneida County Health Department might call you to check on your health, discuss who you've been in contact with and ask you to stay at home to self-isolate. This information is collected for health purposes only and will not be shared with any other agencies, like law enforcement or immigration. Your name will not be revealed to those you came in contact with, unless you give permission. Do your part to keep your family and your community safe from COVID-19: answer the call to slow the spread.
- If you are sick with COVID-19, plan to self-isolate for 14 days. Self-isolation means staying at home in a room away from other people and pets, and using a separate bathroom, if possible. Self-isolation is critical to protecting those who you live with, as well as your community. If you need support or assistance while self-isolating, we may be able to assist. Choose to be part of the solution and help us slow the spread of COVID-19.
- If you have been in close contact with someone with COVID-19, an employee from Oneida County Health Department might call you to inform you that you've been exposed and ask you to stay at home and self-quarantine. Choose to be part of the solution and help us slow the spread of COVID-19.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing-comms.html>