 **COVID-19 Contact Tracing Form**

Updated 1/5/22

# If you test positive for COVID-19, this form can help you identify others with whom you may have had contact. Please complete this form *as soon as you can* and send it to the Health and Safety Team at HealthandSafety@mphschool.org to help us safeguard the health, safety, and well-being of our MPH community.

**Identify date of first symptoms.**

**STEP
1**

If you have had symptoms, enter the date you first felt sick, OR if you have had no symptoms: enter the date of your COVID-19 test: \_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ / \_\_\_\_\_\_\_

 SUBTRACT 2 DAYS: \_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ / \_\_\_\_\_\_\_ **YOUR CONTACT TRACING DATE**

Other than your normal classes/schedule, list people from MPH with whom you have been in contact since your contact tracing date (above). This includes off-campus activities, sports, or any other co-curricular activities, as well as playdates, sleepovers, parties, etc**.**

**STEP
2**

|  |  |
| --- | --- |
|  |  **MPH Specific Contacts** |
| **Activity** | **Location** | **Name** | **Phone Number** |
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Make a list of anyone with whom you have had contact since your contact tracing date. Think about what you did each day since this date. Include things like hanging out with neighbors; going to work; running errands; or going to appointments, social, or recreational activities outside the house. Also consider if you used public transportation or rode in a car with others to get there. These are people that you might want to contact to let them know that you have tested positive.

**STEP
3**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Name of Person** | **Date of Contact** | **Phone Number** |
| **1** |  |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |