



# UNDERSTANDING CASE INVESTIGATION AND CONTACT TRACING FOR COVID-19



1

Case Investigation starts at the Ringwood Health Department when they receive a positive test from a laboratory or healthcare provider for an individual in Ringwood.



2

The health department will contact individuals who have tested positive.



- COVID-19 positive individuals are advised to stay home to **self-isolate** until after at least ten (10) days have passed since symptoms first appeared, AND at least 24 hours (1 day) have passed since last fever without the use of fever-reducing medication, AND symptoms have improved.
- If an individual never had symptoms, they are advised to stay home and self-isolate until after 10 days have passed since the date of their positive test.

3

During case investigation, individuals will be asked for:

- Basic demographic information
  - When symptoms first appeared
  - Source of possible exposure
  - A list of possibly exposed contacts or close contacts
- \* The name of the individual positive with COVID-19 is confidential and will not be released to their close 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

# SYMPTOMS OF CORONAVIRUS DISEASE 2019



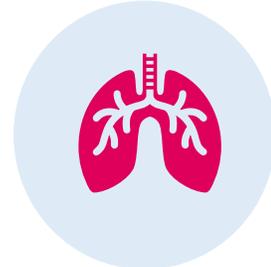
COVID-19 symptoms can range from mild to severe illness and appear 2-14 days after exposure to the virus that causes COVID-19. People may have a combination of various symptoms. Contact your healthcare provider should any of the following symptoms appear.



Cough



Fever or Chills



Shortness of breath



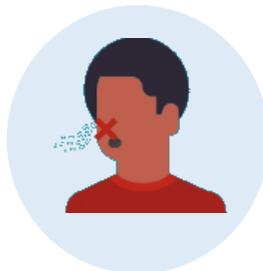
Sore throat



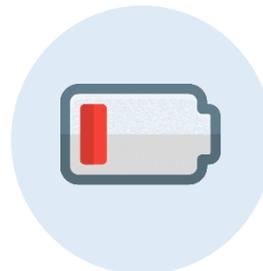
Vomiting



Diarrhea



New loss of taste or smell



Fatigue



Pain and Muscle or Body Aches

**Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Inability to wake or stay awake
- New confusion
- Persistent pain or pressure in the chest
- Bluish lips or face

**Ringwood Health Department**  
**60 Margaret King Avenue, Ringwood, NJ 07456**  
**973-962-7079**



# UNDERSTANDING ISOLATION AND QUARANTINE FOR COVID-19



## FOR INDIVIDUALS POSITIVE OF COVID-19

- A public health staff or contact tracer will contact you to identify everyone with whom you've had close contact with two (2) days prior to your first symptom or positive test result if asymptomatic, until the day of the interview.



**You will be advised to stay home and self-isolate. Self-isolation keeps individuals who are ill and tested positive for COVID-19 separated from others.**

- You should stay in a separate bedroom and, if possible, use a separate bathroom and have minimal contact with other persons and pets in the home.
- Monitor symptoms while in isolation.
- Avoid sharing personal items with other people in your household, like dishes and utensils.
- You must self-isolate until after:
  - ✓ At least 10 days have passed since symptoms first appeared, AND
  - ✓ At least 24 hours (1 day) have passed since last fever without the use of fever-reducing medication, AND
  - ✓ Symptoms have improved.
- If you tested positive for COVID-19 but do not have symptoms, you must still stay home and self-isolate until after 10 days have passed since the date of your positive test.

## FOR INDIVIDUALS IDENTIFIED AS A CLOSE CONTACT BY A PERSON WITH COVID-19

- A public health staff or contact tracer will notify you (a close contact) of your potential exposure and provide education, support, and resources about COVID-19 testing in your area.



**You will be advised to self-quarantine. Self-quarantine keeps someone who was in close contact with a person who tested positive for COVID-19 and may have been exposed to the virus away from others.**

- You must stay home for 14 days after your last contact with the person positive for COVID-19.
- Monitor your health. Check temperature twice a day and watch for symptoms of COVID-19. Notify your healthcare provider if you develop any symptoms.
- It is important to note that if you were a close contact to a positive case when you were tested for COVID-19 you should **remain in quarantine for the full 14 days** even if your test comes back negative.
- This is because the incubation period (the time from exposure to development of symptoms) of COVID-19 is 2 to 14 days, unless you were tested on the 14th day from your exposure, a negative test earlier in the quarantine period does not mean you are not infected.

**If you need to be near another person, always wear a cloth face covering (to cover nose and mouth), practice social distancing (at least 6 feet), and wash hands frequently. Individuals on self-quarantine should only leave their home/location to seek medical care. If the symptoms become worse or do not improve AND you feel that you need a medical evaluation, call your healthcare provider. If you are directed to go to a medical facility, be sure to call ahead and wear a face mask/face covering.**