CORONAVIRUS DISEASE

Post-COVID-19 Testing Information Gathering

While you are awaiting your test results, it would be a good idea to think about the people you have been in contact with in the past 2 days. Start to write down names and phone numbers of people.

If your test results come back positive, we will need to notify individuals you came into close contact with that may be infected. This will help protect them and their families, and we want to make sure they receive the help they need.

Think about everyone that you have been around 2 days before your symptoms started or if you do not have any symptoms 2 days before your test.

Your COVID-19 test was on_____
If you are experiencing symptoms, they started on: _____
The date of 2 days prior to your symptoms starting was:_____

We suggest you get a pad and paper to write down all the people who you've come in contact with, and their contact information.

Here are some ways to help you remember where you were, what you did, and who you were with:
- Go back through your Facebook, Instagram, or twitter accounts and look at your posts.
- Look back at your emails
- Look back at your home and work calendars
- Look back at any receipts you may have
- Look back at your text messages and phone calls
- within the past 2 days

We recommend you start with everyone OUTSIDE of your home first. Provide as much detail as you possibly can.

The people that we need to know about are people that you have been with for 15 minutes or longer and where you were less than 6 feet apart:

coronavirus.maryland.gov

Maryland
EMERGENCY MANAGEMENT AGENCY

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DEPARTMENT OF HEALTH

- People you work with that you are in close contact with throughout the day.
  - Do you share an office with anyone?
  - Do you work near or next to anyone?
  - Who do you have regular meetings with?
  - Who are your bosses or shift supervisors?
  - Do any workers report to you?
  - Who do you eat meals with when you're at work?
  - Do you have customers or clients you know by name?
  - How do you travel to work?
  - Do you have another job that you've been to within the past 2 days?
- Have you visited anyone within the past 2 days?
- Has anyone come to visit you at your home within the past 2 days?
- Have you had a meal at anyone else's house recently or had someone over to your house for a meal?
- List any people you spent time with for 15 minutes or longer.
- Have you stayed overnight anywhere other than your house (this includes a hotel or any place where you might have slept)?
- Has anyone stayed overnight at your house?
- Has anyone come to your house to do repairs?
- Has anyone that you have been in contact with tested positive with COVID-19?
- Have you been to any events or social gatherings?
- Have you met with friends to go shopping or played any sports or anything with that includes people?
- Have you attended any parties?
- Have you been to church or any place of worship?
- Have you been to any restaurants recently?
- Do you go to a gym or exercise classes?
- Have you been to any meetings outside of work?
- Have you been out of the state of Maryland within the past 2 weeks?
- Have you been on public transportation?
- Have you been in another person's car?
- Have you been in close contact with anyone over the age of 60 years?
- Have you been in close contact with anyone who has a long-term illness like Cancer, Asthma, COPD, Diabetes, High Blood Pressure?
- Have you been in close contact with anyone over the age of 60 years?
- Have you been in close contact with anyone who has a long-term illness like Cancer, Asthma, COPD, Diabetes, High Blood Pressure?
- Have you been in close contact with anyone who is pregnant?
- Have you provided care to anyone who was sick?
- Who are the people you live with?
- Have any family members visited your home?

Examples of people who you have been in contact with that we are less concerned with are:
- The cashier at the food market.
- Your mail carrier.
- Your garbage collector.
- Any delivery service that came to your door.
- If you went through any drive through or curbside pick-up.
- People you might have stood in line with.