Keep track of your contacts

Contact tracing efforts may be delayed. The sooner people know about possible exposure, the quicker they can quarantine or isolate and get tested if needed. This will help prevent COVID-19 from spreading and help keep schools and businesses open. If you test positive, please notify your own close contacts. Using the chart below, write down the names and contact information for anyone with whom you spent more than a cumulative 15 minutes within a 6-foot space within a 24 hr period.

Start this chart by filling in the date your symptoms started, or if you have not experienced any symptoms, please write in the date of your test. Then go back two days. This is the time frame that you would be infectious and should alert others of your results. Include all days until you were able to isolate from other people.

2 days before symptoms (or test date if no symptoms)	1 day before symptoms (or test date if no symptoms)	Date Symptoms Started (or test date if no symptoms)	Days after symptoms (or test date) until you were able to isolate from others
Date:	Date:	Date:	Dates:
Names/phone #/email:	Names/phone #/email:	Names/phone #/email:	Names/phone #/email:

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

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ANCHORAGE HEALTH DEPARTMENT

FOR MORE INFORMATION
www.coronavirus.gov and covid19.alaska.gov
Contact your local health authority or emergency operations center.
If you have been tested but do not receive results after 3 days, please contact your testing facility.