

WHAT IS CONTACT TRACING?

Contact tracing is used to help slow the spread of many different diseases. Follow along to learn more about how it works:

You will only receive communication from an NC contact tracer if:



- Your positive test result is reported to the state and/or local health department, AND
- Contact tracing is being performed for that disease, AND
- You are a priority case patient or contact.

Mia has symptoms of a contagious disease, so she gets tested. Mia tests positive and her results are reported to the state and/or local health department.



A North Carolina contact tracer receives Mia's positive test result. They contact Mia through a confidential text, email or phone call to privately discuss how she is feeling and who she may have exposed to the disease. The contact tracer gives Mia recommendations based on CDC and NCDHHS guidance and connects her to resources she might need, such as treatment.



The contact tracer contacts Mark through confidential text, email or a phone call to let him know he might have been exposed to the contagious disease. *The contact tracer keeps Mia's identity anonymous when notifying her contacts of their exposure.

DID YOU KNOW? Contagious diseases can affect health in different ways, so each disease has its own guidelines for what to do after infection or exposure.



The contact tracer helps Mia determine who else she may have exposed to the contagious disease. Mia shares a list of people she has been in close contact with, based on the guidelines her contact tracer shared. The list included her friend, Mark, who she met with last week.

DID YOU KNOW? Contagious diseases can spread in different ways, so each disease has its own guidelines for identifying close contacts.



The contact tracer gives Mark public health recommendations based on CDC and NCDHHS guidance and connects him to resources he might need, like testing.



DID YOU KNOW? Your information will be kept confidential in accordance with NC law and used for contact tracing efforts. Contact tracers will also NEVER ask you to provide information such as credit card numbers or immigration status.

When Mia and Mark successfully complete the public health recommendations based on CDC and NCDHHS guidance, the contact tracing process is finished.



DID YOU KNOW? Help is available. NC's contact tracing team has trained public health professionals that can help connect you with local resources you might need such as treatment, testing or basic needs.

HELP PROTECT YOUR COMMUNITY.

You can help slow the spread of a contagious disease. If you receive a phone call, text, or email from a contact tracer, please answer us to protect yourself, your community and the people you care about.



NC DEPARTMENT OF
HEALTH AND
HUMAN SERVICES