

# Personal Contact Tracing Worksheet

COVID-19 is a respiratory virus that is highly infectious. Documenting who you have contact with and where you go will be valuable information to help others if you become infected or to determine if you have had contact with a person who is infected.

## Prevent the spread!



WASH YOUR  
HANDS



COVER YOUR  
COUGH



DON'T TOUCH  
YOUR FACE



DISINFECT  
SURFACES OFTEN

**This document is for personal use only. Do not share this list to anyone except Public Health or Medical Professionals.**

Directions for use of Personal Contact Tracing Worksheet

Date	Write the date of each day.
Time	Write the time you were in specific public locations. This includes how long you were in grocery stores or other areas with people.
General Location	Write the location of each public area you are in. This includes parks, grocery stores, fast food restaurants, or other areas you may have come into contact with people.
Names of people in contact with	Write down the name(s) of ALL PEOPLE outside of your household you have had contact with within a 6 foot distance.

If you test positive, contact all people you have interacted with within the last 14 days and present this document to your healthcare provider or public health officials.

Questions about COVID-19? Dial 2-1-1 or visit <https://coronavirus.iowa.gov>



**Public Health**  
Prevent. Promote. Protect.  
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