

# Tips to Remember Your COVID-19 Contacts

If you get COVID-19, you can expect a call from a health department. A case interviewer will reach out to you. They will want to learn more about who you have recently had contact with and may be at risk of getting sick and spreading the virus to others.

With the COVID-19 pandemic, we have more to juggle than ever before and sometimes remembering who we have seen is the last thing on our minds. If you get a call from a case interviewer, here are some tips to help jog your memory on who you may have been in contact with.



## Check your calendar and text messages

If you are someone who uses a calendar or planner, check to see if you had any lunch dates, events, or gatherings. Review text messages to check if you made plans to see others.



## Review credit card statements

Reviewing your credit card statements can help identify where you ate or shopped and may help you remember who you did these activities with.



## Check recent social media posts

Check Facebook, Instagram, Twitter or any other social media platforms you are a part of to see if photos posted can help you remember where you have been and who you were with.



## Look at recent phone photos

Photos taken on a phone will often include the date the photo was taken. Use these dates and photos to help you remember if, and when, you interacted with other people.



## Take some notes

Jotting down what you did or whom you saw in a day can be a useful reference to identify contacts.

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### Sunday

What did you do?

Who did you see?

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### Monday

What did you do?

Who did you see?

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### Tuesday

What did you do?

Who did you see?

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### Wednesday

What did you do?

Who did you see?

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### Thursday

What did you do?

Who did you see?

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### Friday

What did you do?

Who did you see?

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### Saturday

What did you do?

Who did you see?

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