

# Medicare.gov

## What to know about contact tracing

If you've been in close contact with someone who tested positive for COVID-19, you may be contacted by a contact tracer or public health worker from your state or local health department in an effort to help slow the spread of the disease. Here's what to know if you get a call:

- **A contact tracer may call** to let you know you may have been exposed to someone with COVID-19. All information you share with a contact tracer, like who you've been in contact with and your recent whereabouts, is confidential.
- **You may be asked to self-quarantine for 14 days.** This means staying home, monitoring your health, and maintaining social distance from others at all times.
- **You may be asked to monitor your health and watch for symptoms of COVID-19.** Notify your doctor if you develop symptoms, and seek medical care if your symptoms worsen or become severe.

Contact Tracing

### **Be aware of scammers pretending to be COVID-19 contact tracers.**

Legitimate contact tracers will never ask for your Medicare Number or financial information. If someone calls and asks for personal information, like your Medicare Number, **hang up and report it to us at 1-800-MEDICARE.**

Sincerely,

*The Medicare Team*

You can [update your preferences](#) or use our [1-click unsubscribe](#) to stop receiving messages from the Medicare Team.



This message is paid for by the U.S. Department of Health and Human Services. It was created and distributed by the Centers for Medicare & Medicaid Services. You're receiving this message because you signed up for email updates from the Medicare Team.