



My Contact List

Keep a daily record of your contacts and places you visit. This list will assist your doctor or provider with contact tracing, should you test positive for the COVID-19.

Contacts for the Week of _____

DAY	CONTACT OR ACTIVITY	LOCATION
Sunday __ / __ / ____		
Monday __ / __ / ____		
Tuesday __ / __ / ____		
Wednesday __ / __ / ____		
Thursday __ / __ / ____		
Friday __ / __ / ____		
Saturday __ / __ / ____		