



Coronavirus Disease 2019 (COVID-19)

Identify Strategies to Reduce Spread of COVID-19

Contact Tracing Training Plan

For this section, self-paced online training (e.g., curated reading list, videos, or eLearning course) is suggested. Inclusion of a **post-test is strongly recommended**.

Content describing non-CDC tools on this site is provided for informational purposes only and is not intended to indicate endorsement, actual or implied, of the tools. Additionally, information on this site is provided “as is,” for users to evaluate and make their own determination as to their effectiveness.

Topic areas and training resources

Background on COVID-19

- **Overview**
 - Course: [Making Contact: A Training for COVID-19 Contact Tracers: The Basics of Coronavirus Disease 2019 \(COVID-19\) – Lesson 1](#)
 - Course: [Emerging respiratory viruses, including COVID-19: methods for detection, prevention, response and control](#)
- **Epidemiology**
 - Course: [COVID-19 Public Health Strategy Basic Concepts – NDPHTN](#)
 - Course: [Boots on the Ground Part 1: Foundational Epidemiology](#)
 - Webpage: [Coronavirus Disease 2019 \(COVID-19\): Cases, Data, and Surveillance](#)
- **Signs/symptoms**
 - Course: [Making Contact: A Training for COVID-19 Contact Tracers: The Basics of Coronavirus Disease 2019 \(COVID-19\) – Lesson 1](#)
 - Course: [COVID-19 Public Health Strategy Basic Concepts – NDPHTN](#)
 - Course: [COVID-19 Contact Investigation Training](#)
 - Webpage: [Coronavirus Disease 2019 \(COVID-19\): Symptoms of Coronavirus](#)
- **Update on current emergency response**
 - Webpage: [Coronavirus Disease 2019 \(COVID-19\): CDC in Action](#)

Ways to prevent spread of COVID-19

- **General precautions (e.g., social distancing)**
 - Course: [Making Contact: A Training for COVID-19 Contact Tracers: The Basics of Coronavirus Disease 2019 \(COVID-19\) – Lesson 1](#)
 - Course: [COVID-19 Real-Time Legal Response: Focus on Quarantine, Isolation, and Other Social Distancing](#)


Powers

- Course: [COVID-19 Public Health Strategy Basic Concepts – NDPHTN](#)
- Course: [COVID-19 Infection Prevention and Control in the Household \(Microlearning\)](#)
- Webpage: [Coronavirus Disease 2019 \(COVID-19\): Prevent Getting Sick](#)
- **Specific precautions for those potentially exposed or symptomatic**
 - Testing
 - Course: [Making Contact: A Training for COVID-19 Contact Tracers: The Basics of Coronavirus Disease 2019 \(COVID-19\) – Lesson 1](#)
 - Course: [COVID-19 Public Health Strategy Basic Concepts – NDPHTN](#)
 - Webpage: [Coronavirus Disease 2019 \(COVID-19\): Testing for COVID-19](#)
 - Contact Tracing
 - Course: [Making Contact: A Training for COVID-19 Contact Tracers: The Basics of Coronavirus Disease 2019 \(COVID-19\) – Lesson 1](#)
 - Quarantine
 - Course: [Making Contact: A Training for COVID-19 Contact Tracers: The Basics of Coronavirus Disease 2019 \(COVID-19\) – Lesson 1](#)
 - Course: [COVID-19 Public Health Strategy Basic Concepts – NDPHTN](#)
 - Webpage: [Coronavirus Disease 2019 \(COVID-19\): Social Distancing, Quarantine, and Isolation](#)
 - Isolation
 - Course: [Making Contact: A Training for COVID-19 Contact Tracers: The Basics of Coronavirus Disease 2019 \(COVID-19\) – Lesson 1](#)
 - Course: [COVID-19 Public Health Strategy Basic Concepts – NDPHTN](#)
 - Webpage: [Coronavirus Disease 2019 \(COVID-19\): Social Distancing, Quarantine, and Isolation](#)
 - Follow-up
- **Other ways to reduce spread**
 - Course: [Making Contact: A Training for COVID-19 Contact Tracers: The Basics of Coronavirus Disease 2019 \(COVID-19\) – Lesson 1](#)

Training catalog

Making Contact: A Training for COVID-19 Contact Tracers: The Basics of Coronavirus Disease 2019 (COVID-19) – Lesson 1

Topic area: Background, signs/symptoms, general precautions, testing, quarantine, isolation, other ways to reduce spread


- Register: <https://learn.astho.org/p/ContactTracer> 
- Target audience: Contact tracers and new case investigators
- Description: Contact tracers must understand the basics of coronavirus disease transmission in order to perform contact tracing and disease intervention activities effectively. Lesson one (The Basics of Coronavirus Disease 2019 (COVID-19)) will provide an overview of coronavirus disease 2019 (COVID-19), including its incubation and infectious period, symptoms, and how to prevent it.

Lesson 1 learning objectives:

1. Describe what COVID-19 is
2. Describe how to prevent COVID-19 transmission
3. List symptoms of COVID-19
4. Define social distancing, quarantine, and isolation
5. Describe the incubation and infectious period

Emerging respiratory viruses, including COVID-19: methods for detection, prevention, response and control

Topic area: Background


- Register: <https://www.train.org/main/course/1090092/> 
- Target audience: Public health professionals
- Description: This course provides a general introduction to COVID-19.

Learning objectives:

1. Describe the nature of emerging respiratory viruses, how to detect and assess an outbreak, strategies for preventing and controlling outbreaks due to novel respiratory viruses
2. Describe strategies should be used to communicate risk and engage communities to detect, prevent and respond to the emergence of a novel respiratory virus

COVID-19 Public Health Strategy Basic Concepts – NDPHTN

Topic areas: Epidemiology, Signs/Symptoms, General precautions, Testing, Quarantine, Isolation


- Register: <https://www.train.org/main/course/1090675/> 
- Target audience: Public health professionals
- Description: Provide a basic background to the COVID-19 pandemic and describe the important steps to flatten the curve of COVID-19. Also provides an overview of crisis communication strategies and coordinating crisis response.

Learning objectives:

1. Review coronavirus history
2. Review COVID-19 characteristics
3. Discuss 6 concepts to flatten the curve
4. Review the 10 social distancing recommendations
5. Review COVID-19 testing concepts
6. Discuss how cocooning protects high risk individuals
7. Discuss key concepts of crisis communications in pandemics

Boots on the Ground Part 1: Foundational Epidemiology

Topic area: Epidemiology



- Register: <https://www.train.org/main/course/1076135> 
- Target audience: Public health professionals and others without a background in epidemiology
- Description: Provides basic principles of epidemiology and public health practice. Includes key terms used in epidemiologic and explains types of epidemiology research.

Learning objectives:

1. Define epidemiology
2. Describe the key factors impacting the incidence and spread of disease, injury, or health outcome (i.e. agent, host, environment)
3. Describe basic key terms in epidemiology
4. Describe distribution of disease, injury, or health outcomes and understand bias, validity, and reliability in assessing public health problems
5. Identify bias, validity, and reliability
6. Identify research methods

COVID-19 Contact Investigation Training

Topic area: Signs/symptoms


- View: <https://www.ncsddc.org/wp-content/uploads/2020/03/FINAL-COVID19-Contact-Training-03112020.pdf>  [PDF – 28 pages] 
- Target audience: Case and contact investigators
- Description: This course covers background information on COVID-19, tools that Washington State is using for case investigation, interviewing techniques, and resources for case and contact investigations.

Learning objectives:

1. Discuss COVID-19 background
2. Discuss case investigation tools
3. Identify investigation interview techniques
4. Discuss types of contact follow-up
5. Identify COVID case and contact investigation resources

COVID-19 Real-Time Legal Response: Focus on Quarantine, Isolation, and Other Social Distancing Powers

Topic area: General precautions

- Register: <https://www.train.org/cdctrain/course/1090658/> 
- Target audience: Public health professionals
- Description: Following a brief series of COVID-19 legal updates, this real-time session will focus on an array of social distancing legal responses among federal, state, and local authorities, notably quarantine, isolation, school and


other closures, and proposed “lockdowns.” After an initial presentation, your questions and comments will be addressed.

Learning objectives:

1. Assess the legal bases for social distancing in response to COVID-19
2. Understand the core legal steps to engage quarantine and isolation
3. Consider varied powers of federal, state and local governments to institute school or other closures
4. Explore the constitutional limits of proposed lockdowns and other aggressive social distancing measures

COVID-19 Infection Prevention and Control in the Household (Microlearning)

Topic area: General precautions

- Register: <https://www.train.org/main/course/1090934/> 
- Target audience: General public health staff
- Description: This micro learning is designed to take 15 minutes you will learn about instructions to give your patients who are taking care of a probable or confirmed case of COVID-19 in the household.

Learning objectives:

1. Identify COVID-19 infection prevention and control measures for the household

CDC Coronavirus Disease 2019 (COVID-19) webpages

Topic area: Epidemiology

- [Cases, Data, and Surveillance](#)

Topic area: Signs/symptoms

- [Symptoms of Coronavirus](#)

Topic area: Update on current emergency response

- [CDC in Action](#)

Topic areas: General precautions, Quarantine, Isolation

- [Prevent Getting Sick](#)
- [Social Distancing, Quarantine, and Isolation](#)

Topic area: Testing

- [Testing for COVID-19](#)

Additional Contact Tracing Training

[Primary Components of Contact Tracing](#)

[Requirements for Protecting Health Information](#)

[Contact Tracing Protocol](#)

[Apply Contact Tracing to Realistic Scenarios](#)

[Identify Jurisdiction-Specific Contact Tracing Tools](#)

[Analyze Encounters for Quality Improvement](#)

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Content source: [National Center for Immunization and Respiratory Diseases \(NCIRD\), Division of Viral Diseases](#)