



# Kootenai County Office of Emergency Management



## MEDIA RELEASE

**For Immediate Release:**

**Date: March 30, 2020**

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### Social Contact Journal

With the ever increasing threat of community transmission of COVID 19, the Kootenai County Office of Emergency Management is encouraging all citizens to begin to keep a daily journal. This journal would log places visited and people they've been in contact with. This information is vital in limiting the spread of COVID 19, in the event of a positive test.

Epidemiologists will utilize the information obtained in tracing potential exposures. Contact can then be made to ensure if proper protocols need to be enacted to include isolation precautions and testing for the virus. Below is an example of a daily journal entry.

**Date: March 30, 2020**

**Places Visited:**

Grocery store, gas station, park, home (Be specific on locations/names/times)

**People Visited with In Person:**

Mother- Jane, Brother- Frank, Son- Scott, Neighbor- John Doe

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