1. Get the state code

https://en.wikipedia.org/wiki/Federal Information Processing Standard state code

2. Download the state number by changing this link:

https://s3.amazonaws.com/data.openstreetmap.us/bingbuildings/bystate/15.tar.gz

3. Get the county

Ask google about the county name of your desired area.

4. Search the county

https://www.census.gov/geo/maps-data/maps/2010tract.html

5. Search the census zone

Check the PDF map of your related county in the link above.

6. extract from TAR.GZ

State number – county number – census number

7. Convert geojson file with mapshaper to SHP

https://mapshaper.org/