

# WHAT IS A CLOSE CONTACT?

COVID-19 is spread through close contact with an infected person. If you are a close contact of someone who has tested positive for COVID-19, you must self-isolate. York Region Public Health uses contact tracing to slow and control the spread of COVID-19 by identifying the close contacts of a probable or confirmed case.

## CLOSE CONTACT



Someone who was within 2-metres of you for more than 10 minutes

Someone you live with, have had intimate relationships with, people who have cared for you or who you have cared for

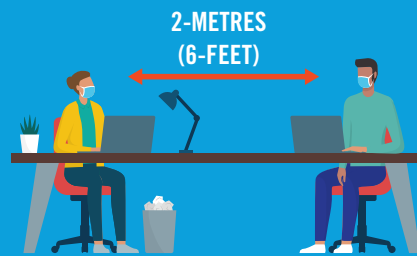


Someone you had close physical contact with, such as shaking hands or hugging

A person you had lunch with, without a mask, or spent time socializing with in your house without a mask

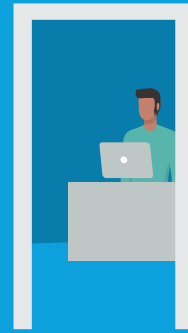
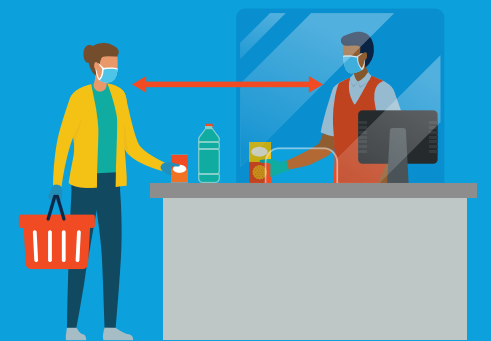


## NOT CLOSE CONTACT



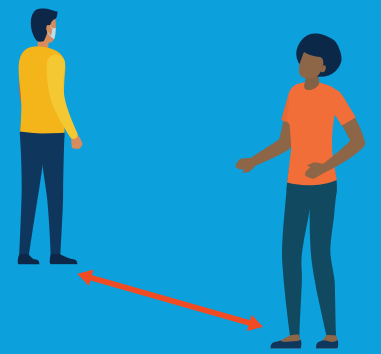
You maintained physical distance of at least 2-metres and did not have any direct contact

A person who was at least 2-metres away from you for less than 10 minutes



Someone you were briefly in the same room with or passed by in a hall or common area

A person you passed walking on a sidewalk or trail



## HOW DOES COVID-19 SPREAD?

COVID-19 is spread through respiratory droplets when someone coughs, sneezes or spits when they talk. To prevent the spread of COVID-19, maintain a physical distance of at least 2-metres from others and use a mask or face covering in indoor public spaces or when this is not possible. Wash your hands often with soap and water or use an alcohol-based hand sanitizer and increase how often you clean and disinfect commonly touched surfaces.

For more information, visit [york.ca/COVID19](https://york.ca/COVID19)