

# WHAT IS A CLOSE CONTACT?

COVID-19 is spread through close contact with an infected person. Halton Region Public Health uses contact tracing to help slow and control the spread of COVID-19. This involves identifying the close contacts of a person who has or may have COVID-19 as they may be at higher risk of becoming infected with COVID-19. Learn more about who is considered a close contact below.

## CLOSE CONTACT



Was within 2 metres of you for more than 15 minutes

Lives in your household or provides care to you



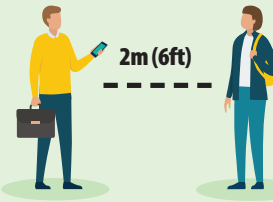
Has had close physical contact with you, such as shaking hands



Someone you coughed, sneezed or spit on while talking

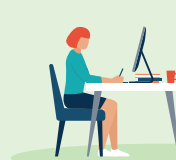
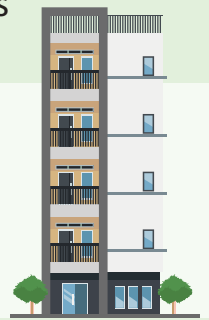


## NOT CLOSE CONTACT



You maintained a proper physical distance of at least 2 metres

Lives in your neighbourhood or apartment building



Was briefly in the same room as you

Passed by you on a sidewalk or trail



## HOW DOES COVID-19 SPREAD?

COVID-19 is spread from person to person when someone coughs, sneezes or spits when they talk or by touching something with the virus on it and then touching your mouth, nose or eyes before washing hands. To prevent the spread of COVID-19, stay home when ill, avoid crowded places, maintain a physical distance of at least 2 metres (6 feet) from others and use a mask or face covering where this is not possible. Wash your hands often with soap and water or use an alcohol-based sanitizer and increase how often you clean and disinfect commonly touched surfaces.

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

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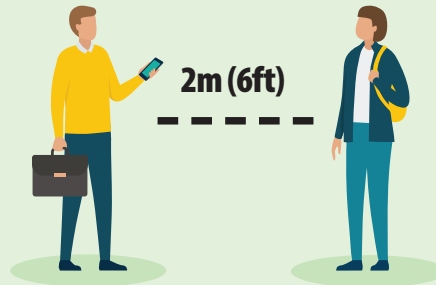


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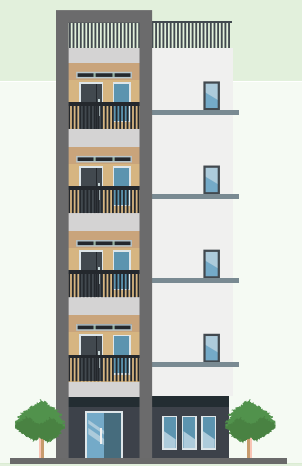


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