Understanding what it means to notify your close contacts.

If you have tested positive for COVID-19, Public Health is asking you to notify your close contacts and point them to the information found here: nshealth.ca/information-covid-19-close-contacts.

Exposed means any of the following:
- You were within six feet of the person for at least 15 minutes while indoors.
- The person coughed or sneezed near you.
- You care for the person at home.
- The person touched, hugged or kissed you.

Masks are an added layer of protection against COVID-19. However, even with masking, you are still considered a close contact.

Who should I contact?

Please contact.
- Friends with whom you had close contact
- Family members with whom you had close contact
- People who attended a social gathering or event with you
- Workplaces where you had close contact
- Appointments you have attended
- People who attended activities with you (hockey practice, dance class, swim class, etc.)
- Your child’s child care provider
- Long-term care facilities
- Shelters
- First Nations Communities
- Other congregate (group living) settings

Public Health will contact also.
- Long-term care facilities
- Shelters
- First Nations Communities
- Other congregate (group living settings)

You do not need to contact retail stores or restaurants.

nshealth.ca/information-covid-19-close-contacts

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