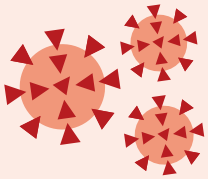




Understanding what it means to notify your close contacts.

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 extracurricular 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.