

# Let your contacts know.



If you test positive, notify people you've been in close contact with and tell them to get tested.

## Who are your close contacts?



Someone you have physical contact with, such as a hug, handshake, or kiss.



Someone you live with or spend the night with.



Someone you are within 6 feet of for a total of 15 minutes or more in 1 day.



Someone who you have coughed or sneezed on, shared food or drinks with, or who has touched items like your used tissues or towels.

## Prefer to remain anonymous?

Notify your close contacts at [tellyourcontacts.org](https://tellyourcontacts.org).



**YOU  
STOP  
THE  
SPREAD**