If you are caring for or living with someone who has the virus, you are considered a ‘close contact’.

Contact Peel Public Health at 905-799-7700 on how to monitor your own health and what to do if you feel sick. Be sure to tell health care providers that you are a close contact of someone with COVID-19.

### Wash your hands often
- Wash your hands with soap and water after each contact with the infected person.
- Use an alcohol-based hand sanitizer if soap and water are not available.

### Wear a mask and gloves
- Wear a mask and gloves if you have contact with the person’s saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).

### Dispose of gloves and mask after each use
- Take the gloves and mask off right after you provide care and dispose of them in a wastebasket lined with a plastic bag.
- Take off the gloves first and clean your hands with soap and water before taking off your mask.
- Clean your hands again with soap and water before touching your face or doing anything else.

### Limit the number of visitors in your home
- Do not have visitors unless essential (e.g., care providers).
- If you must have visitors, keep a distance of at least two metres from others at all times.
- Keep seniors and people at higher risk for illness (e.g. weakened immune systems, medical conditions such as heart disease, diabetes and cancer) away from the infected person.
Learn about the virus

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

Stay updated with reliable information at peelregion.ca/coronavirus or 905-799-7700, Caledon 905-584-2216

The information in this document is current as of April 20, 2020