

# Social and physical contact during the pandemic

## THOSE YOU LIVE WITH

Can include boy/girlfriend.

Those who live alone can choose 2–3 «closest».

The same applies for adolescents who live at home.

For children, their cohort and 2–3 friends come in addition.

**Can be physically close.**

## SOCIAL CONTACTS

Friends, other family.

Limit the number you have contact with in social situations beyond those you live with and necessary contacts at school and work.

Rules will vary nationally and locally depending on the infection situation.

**At least one metre distance.**

## EVENTS,

leisure activities and sports.

Rules will vary nationally and locally depending on the infection situation.

**At least one metre distance.**

Close contacts can come from all of these categories

**Close contacts:** You have been closer than 2 metres for more than 15 minutes, or have touched each other.

This applies if you have been with someone with confirmed infection less than 48 hours before they first developed symptoms.

Those who are defined as "close contact" to someone with COVID-19, shall be in quarantine.