

Who's on Your Steady20 list?



Public Health recommends that each household have a total of 20 social contacts or less.

We know we're facing a long winter. That is why we have to keep our contacts low and consistent and reduce the number of people we interact with everyday. By doing this, we can make contact tracing easier, reduce the risk of larger outbreaks and stay in the Yellow level. We're asking each household to make a list of 20 close social contacts that you can gather with in the Yellow level.

Your Steady20 list can include:

- people in your household
- close family and friends
- anyone you spend time with while not wearing a mask

Your Steady20 list does not include:

- co-workers and schoolmates with whom you do not socialize with outside of work or school
- 20 contacts for *each* household member

Take the time to think about who's on your household's Steady20 list. Small numbers of close contacts makes contact tracing easier and faster and prevents the spread of COVID-19.

**Keep your contacts low and consistent.
Wear a mask, wash your hands, and keep your distance.**

Who's on Your Steady20 list?

Remember to include **all household members** on this list.

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