

Contact log



Filling out this contact log is an easy way to help protect your friends, your family and your community. Remember to track the following information under each heading:

- **ACTIVITY:** What type of activity did you do?
- **PEOPLE:** Who were you with?
- **DURATION:** How long you were there?
- **FACE MASK:** Was everyone wearing a face mask the whole time? **Yes/No.**

- **PHYSICAL DISTANCING:** Did everyone stay 2 metres apart the entire time? **Yes/No.**
- **SHARED ITEMS:** Did you share any items? For example, sports equipment, vapes, beverages, and utensils.

NOTES: What other information is important? Include things like if anyone was feeling unwell or if you were outdoors.

Date	Activity	People	Duration	Face Covering		Physical Distancing		Shared Items	Notes
				Yes	No	Yes	No		

