

Going out? Do it safely.

Your actions matter.

Make informed choices to keep yourself and others safe.

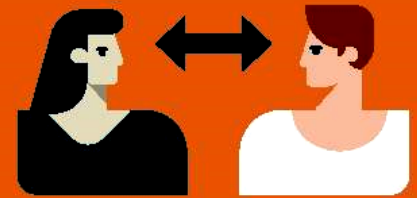
Avoid



Closed spaces



Crowded places



Close contact

Always



Stay home and away from others if you feel sick



Follow **local public health advice**



Stick to a **small and consistent social circle**

Understand risk factors

For more information on COVID-19:

canada.ca/coronavirus

1-833-784-4397



Home alone
or with household contacts

Outdoors
with housemates or social bubble

Outdoors
with physical distancing

Outdoor / Indoor
Short amount of time in close proximity

Indoors
Large groups
Long time

Outdoors / Indoors
Crowded
Longer time

 Government of Canada / Gouvernement du Canada

Canada



Help limit the spread.
Download the COVID Alert app.

Assess the risk level

Risk levels may vary based on your ability to physically distance, the use of non-medical masks by you and others, and the controls put in place at the establishment or setting to further reduce risk. Some examples of low, medium, high risk are provided below but depend on whether or not proper public health measures are followed. Risk level for exposure is impacted by closed spaces, prolonged exposure time, crowds, forceful exhalation (yelling, singing, coughing).

Low risk

Medium risk

High risk

Low risk	Medium risk	High risk
 Getting mail and packages	 Hair salon / barbershop	 Bars and nightclubs
 Grocery and retail shopping with public health measures	 Medical, health and dental appointments	 Gyms and athletic studios
 Camping	 Hotel / BnB	 Cruise ships and resorts
 Driving Car (solo or with household contacts)	 Taxi / ride shares	 Hugging, kissing or shaking hands
 Going for a walk	 Working in an office	 Large religious / cultural gatherings
 Backyard BBQ with your 'bubble' contacts	 Playing on play structures	 Watching sporting events in arenas and stadiums
 Restaurant takeout	 Movie theatre	 Casinos
 Community / Outdoor parks and beaches	 Outdoor restaurant/patio	 Crowded public transportation (bus, subway)
 Running / hiking / biking solo or at a distance from others	 School / camp / daycare	 Crowded indoor restaurant / buffet
 Socially distanced picnic	 Public pools	 Amusement parks
 Playing "distanced" sports outside (tennis/golf)	 Malls / museums / galleries	 High-contact sports with shared equipment (football/basketball)
	 Weddings and funerals of limited size	 Conferences
	 Visiting elderly or at-risk family / friends in their home	 Music concerts, or places where people are singing or shouting
		 Sexual activity with new people
		 Indoor party