Avoid

Closed spaces
- Crewed 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

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, crowded, forceful exhalation (yelling, singing, coughing).

Low risk
- Getting mail and packages
- Grocery and retail shopping with public health measures
- Camping
- Driving Car (solo or with household contacts)
- Going for a walk
- Backpack BBQ with your buddy contacts
- Restaurant takeaway
- Community / Outdoor parks and beaches
- Running / hiking / taking solo or at a distance from others
- Socially distanced bets
- Playing “distanced” sports outside (tennis/golf)

Medium risk
- Hair salon / barbershop
- Medical, health and dental appointments
- Home / Bed
- Taxi / ride shares
- Working in an office
- Playing on play structures
- Movie theatre
- Outdoor restaurant/patio
- School / camp / daycare
- Public pools
- Malls / museums / galleries
- Weddings and funerals of limited size
- Visiting elderly or at-risk family / friends in their home

High risk
- Bars and nightclubs
- Gyms and athletic studios
- Cruise ship and resorts
- Hugging, kissing or shaking hands
- Large religious / cultural gatherings
- Watching sporting events in arenas and stadiums
- Casinos
- Crowded public transportation (bus, subway)
- Crowded indoor restaurant / buffet
- Amusement parks
- High-contact sports with shared equipment (football/basketball)
- Conferences
- Music concerts, or please where people are singing or shouting
- Sexual activity with new people
- Indoor party

Understand risk factors

<table>
<thead>
<tr>
<th>Home alone or with household contacts</th>
<th>Outdoors with housemates or social bubble</th>
<th>Outdoors with physical distancing</th>
<th>Outdoors / Indoor Short amount of time in close proximity</th>
<th>Indoors Large group Long time</th>
<th>Indoors Large group Crowded Larger time</th>
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</table>

Help limit the spread. Download the COVID Alert app.

For more information on COVID-19 visit:
canada.ca/coronavirus 1-833-784-4397