

# Going out? Do it safely.

Your actions matter.

Make informed choices to keep yourself and others safe.

## ✘ Avoid



**Closed spaces**

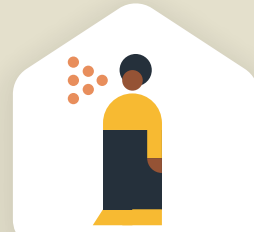


**Crowded places**




**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**

## 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
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

## Understand risk factors



**Help limit the spread.**

Download the COVID Alert app.



For more information on COVID-19:

[canada.ca/coronavirus](https://canada.ca/coronavirus)

1-833-784-4397