Going out? Do it safely.

Public health advice across Canada may be different depending on where you live. This tool will help you:

1. Assess the risks before going out
2. Make informed decisions while considering local public health restrictions

### Assess the risks

**Before going into public places or gathering with people you don’t live with, think about:**

**Vaccination Coverage in the Area**

- **Lower risk**
- **Higher risk**

*Your risk is lower if COVID-19 vaccination coverage is higher.*

*Check coverage in your area and the area of the people you’re gathering with.*

**COVID-19 Activity in the Area**

- **Lower risk**
- **Higher risk**

*Your risk is lower if the level of COVID-19 activity is lower.*

*Check activity in your area and the area of the people you’re gathering with.*

**Setting**

- **Lower risk**
- **Higher risk**

*Your risk is lower in uncrowded places and outdoor or well-ventilated indoor spaces.*

**Public Health Measures**

- **Lower risk**
- **Higher risk**

*Your risk is lower when many public health measures are in place and people are following them.*

**Vaccination Status**

- **Lower risk**
- **Higher risk**

*Your risk is lower if you and those you’re with are fully vaccinated against COVID-19.*

**Risk Factors**

- **Lower risk**
- **Higher risk**

*Your risk is lower the fewer risk factors you and those you’re with have for exposure or more severe disease or outcomes from COVID-19.*

### Make informed decisions

Public health measures are effective in reducing the spread of COVID-19, including variants of concern. They’re most effective when layered together.

Lower-risk situations can become higher risk. Think about the risks before you go out and while you’re out, and adjust your actions as needed.

You can keep using all public health measures even when your community or setting doesn’t have restrictions in place.

Continue to:

- follow all community public health and setting-specific restrictions and recommendations
- choose lower-risk activities and settings
- layer multiple individual public health measures, which include:
  - staying home when sick
  - improving ventilation
  - wearing a mask
  - cleaning hands regularly

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