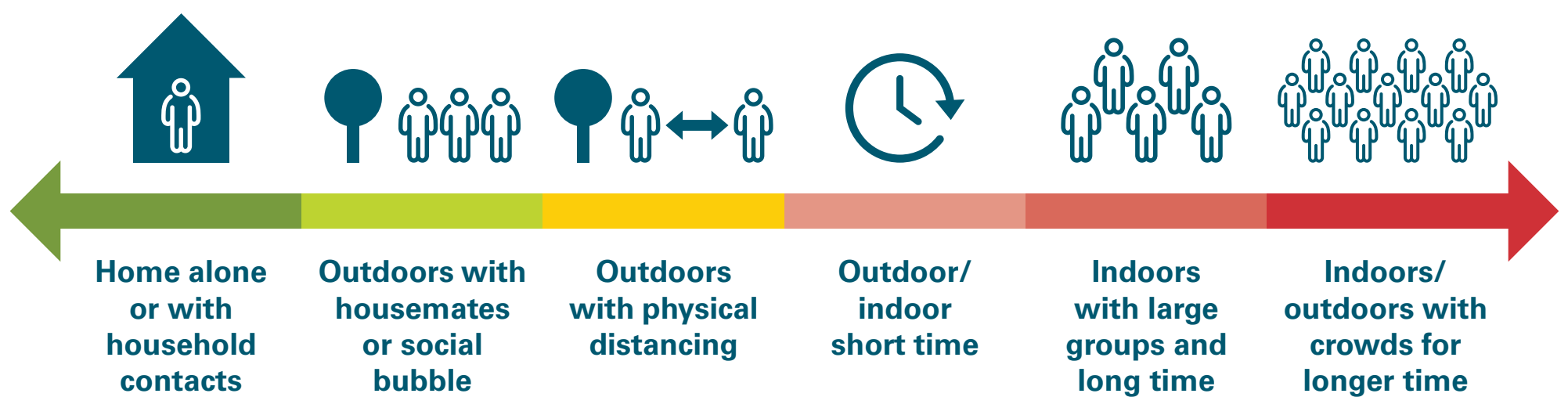


IMPORTANT COVID-19 INFO

GOING OUT? DO IT SAFELY

Your actions matter – make informed choices to keep yourself and others safe.



LOW RISK

- + Backyard barbecue with social bubble
- + Beaches and Parks
- + Camping
- + “Distanced” sports outside (tennis/golf)
- + Driving a car (solo/with household contacts)
- + Getting mail and packages
- + Going for a walk
- + Grocery and retail shopping
- + Restaurant takeout
- + Running/hiking/ biking solo or at a distance
- + Socially distanced picnic

MEDIUM RISK

- + Hair salon/ barbers
- + Hotel/BnB
- + Malls/ museums galleries
- + Medical/dental appointments
- + Movie theatres
- + Outdoor restaurant/patio
- + Playing on play structures
- + Public pools
- + School/camp/daycare
- + Taxi/ride shares
- + Visiting elderly or at-risk family/ friends in their homes
- + Weddings and funerals
- + Working in an office

HIGH RISK

- + Amusement parks
- + Bars and Nightclubs
- + Casinos
- + Conferences
- + Contact sports with shared equipment (football/basketball)
- + Crowded indoor restaurant
- + Crowded public transportation (bus, subway)
- + Cruise ships and resorts
- + Gyms and athletic studios
- + Hugging or shaking hands
- + Indoor party
- + Large gatherings
- + Music concerts, or where people are singing or shouting
- + Sexual activity with new people
- + Sporting events in arenas and stadiums



Source: Government of Canada