

Going out? Do it safely.

Make informed choices



Stay home and away from others if you feel sick or have been told to isolate or quarantine.



Consider your personal risk level, especially if you are at risk of more severe disease or outcomes. Being fully vaccinated significantly reduces your risk but does not eliminate it.



Consider avoiding activities and settings, like crowded or poorly ventilated indoor places, which have a higher risk of COVID-19 transmission.



Consider the risk level of those in your immediate household, including their vaccination status.



Follow local public health advice and setting-specific measures.



Think ahead about the impact of quarantine or isolation on your livelihood and personal circumstances to help you determine if the risk is worth taking.



Consider the spread of COVID-19 in your community, including variants of concern.



Consider limiting the use of alcohol and other substances that could impair your judgment and reduce your ability to follow public health advice.

Be COVID-wise

While vaccines continue to roll out across Canada, continue to choose lower-risk activities and settings to protect yourself and others. Getting vaccinated helps to protect you. Your risk is lowest when you are fully vaccinated, but you should continue to follow public health recommendations.

✓ Risk is **lower** when:



You keep your close contacts to only those in your immediate household or those who are fully vaccinated.



You remain outdoors and away from crowds when gathering with people from outside of your immediate household.



You and those around you are following personal preventive practices: keeping interactions as few, as brief, and from the greatest physical distance possible, wearing a mask, and sanitizing or washing hands with soap and water.



The setting has many public health measures in place to reduce the spread of COVID-19. This is even more important with the spread of variants of concern.



The setting is well ventilated with fresh air from a ventilation system or open doors and/or windows.

! Risk is **higher** when:



You increase your close contacts with people from outside of your immediate household who are not fully vaccinated.



You spend time indoors in closed spaces (with poor ventilation) and crowded places with people from outside your immediate household who are not fully vaccinated.



You and/or those around you ARE NOT following personal preventive practices: interactions ARE NOT few or brief, and NOT from the greatest physical distance possible, NOT wearing a mask, and NOT sanitizing or washing hands.



The setting doesn't have or has limited public health measures in place to help reduce the spread of COVID-19, including variants of concern.



The setting is poorly ventilated from lack of ventilation systems or not being able to open doors and/or windows.

Remember that: Things can change, and a lower risk situation can become higher risk. Think about the risks not only before you go out, but also WHILE you're out.

Keep yourself and others safe from COVID-19 so you can:

✓ Safely participate in society.

✓ Meet your physical, social and mental health needs.

✓ Reduce the spread of COVID-19 in your community.

For more information on COVID-19:

canada.ca/coronavirus

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