

# Going out? Do it safely.

Your actions matter.

## 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.



Avoid closed spaces (with poor ventilation), and crowded places with people from outside of your immediate household.



Consider the risk level of those in your immediate household.



Follow public health advice and setting-specific measures.



Consider the impact on your livelihood and personal circumstances if you need to quarantine or isolate.



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

### Choose lower-risk activities and settings to protect yourself and others

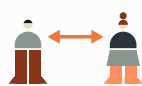
#### ✓ Risk is **lower** when:



You keep your close contacts to only those in your immediate household.



You remain outdoors when with people from outside of your immediate household.



You and/or 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 your 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.



You spend time indoors in closed spaces (with poor ventilation) and crowded places with people from outside your immediate household.



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



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



### You can help limit the spread.

Download the COVID Alert app.

You can download the free COVID Alert app by visiting the App Store or Google Play on your mobile device.

For more information on COVID-19:

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

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