

Going out? Do it safely!

Your actions matter.

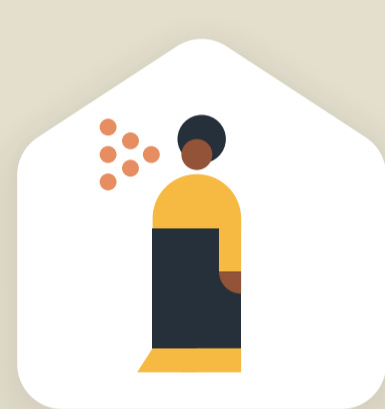


Make informed choices to keep yourself and others safe.



✘ Avoid

 <p>Closed spaces</p>	 <p>Crowded places</p>	 <p>Close contact</p>
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✔ Always

 <p>Stay home and away from others if you feel sick</p>	 <p>Follow local public health advice</p>	 <p>Stick to a small and consistent social circle</p>
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Safest options



Be safe by reducing your contacts as much as possible. Stick to participating in activities with members of your household or social bubble. Interacting with more people raises your risk.

You can do things like **shopping online, exercising outside or picking up take-out from a restaurant** to limit your contact.

Be prepared



Be prepared when you will be in settings where you may not be able to maintain a 2-metre distance and may come into frequent contact with others. Be aware and respect the measures the business or service provider has put in place to protect you and their staff. Take additional measures to protect yourself and those around you by carrying a non-medical mask or face covering and hand sanitizer.

You can further reduce your risk in these public settings by **limiting the frequency and length of your outings**. The more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.

Avoid



Think very carefully about high-risk activities that are not essential. This would include things like large indoor gatherings or crowded outdoor spaces with no public health measures, like physical distancing, in place.

Your best choice is to avoid these situations, but if you choose to go, **wear a non-medical mask or face covering, keep as much distance from others as possible, and wash your hands or use hand sanitizer.**

For more information on COVID-19:

canada.ca/coronavirus

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