

# COVID-19 & Activities: Know the Risks

We all must do our part to limit the risk of contracting COVID-19 and passing it on to others.

## Be COVID-smart:

**S** Self-isolate if you have symptoms of COVID-19. Consider getting tested.



**M** Mask/face covering on when in enclosed public spaces and when physical distancing is a challenge outdoors.



**A** Avoid touching your face.



**R** Remain 2 metres/6 feet apart from people you do not live with.



**T** Twenty (20) seconds for regular hand hygiene. Cover your coughs and sneezes.



- Download and use the [COVID Alert app](#) on your phone.
- To help [contact tracing](#) efforts, record contact information of guests if you hold an event.

### *Different activities have different levels of risk for contracting and spreading the virus:*

#### **SAFER**

Solo activities or activities with healthy members of your own household.

Examples include:

- Personal hobbies (e.g., gardening, reading, etc.) on your own property.
- Picnic, walking, exercising, etc. in outdoor spaces that are not crowded.
- Online shopping or curbside pick-up with physical distancing measures.

#### **USE CAUTION**

When in a public or private space, especially indoors, with people you do not live with. For example, use caution when:

- In enclosed public spaces (e.g., restaurant/bar, hair salon/barber, theatre, shopping centre, grocery store, place of worship, office, public transit, gym/fitness centre, etc.).
- At crowded outdoor spaces (e.g., beach, park, playing contact sports, restaurant patio, playground, etc.).
- Allowing service providers in your home (e.g., cleaning, renovations, etc.).
- Touching shared surfaces (e.g., doors, playground equipment, etc). Bring supplies to sanitize your hands.

***Be kind and courteous to yourself and others. We're in this together!***

\*Follow the Province of [Ontario's Emergency Provincial orders](#) and your municipality's most recent rules/guidance regarding the changing COVID-19 situation.

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