

Going out? Do it safely.

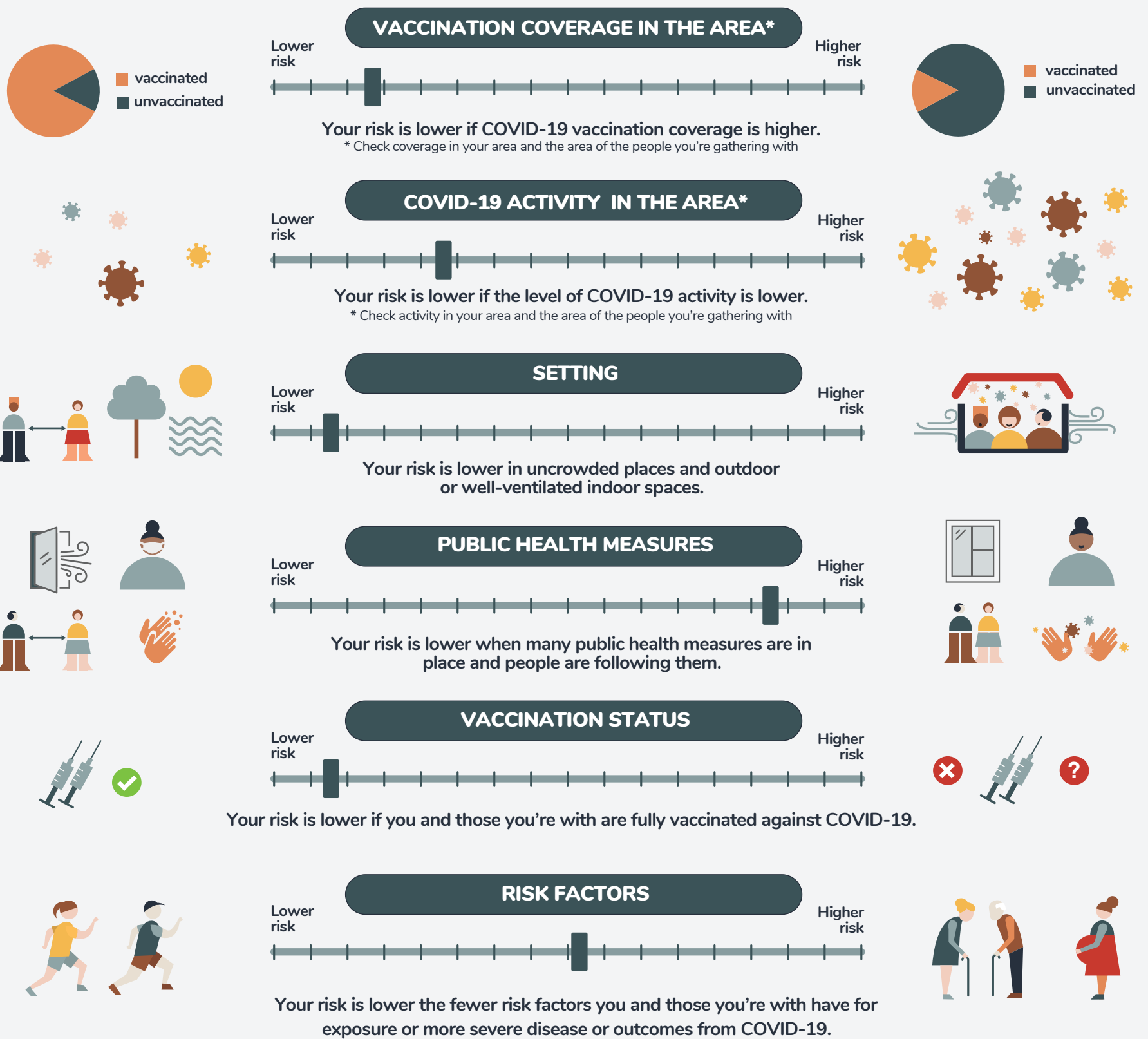
Public health advice across Canada may be different depending on where you live. This tool will help you:

> assess the risks before going out

> make informed decisions while considering local public health restrictions

Assess the risks

Before going into public places or gathering with people you don't live with, think about:



Make informed decisions

Public health measures are effective in reducing the spread of COVID-19, including variants of concern. They're most effective when layered together.

Lower-risk situations can become higher risk. Think about the risks before you go out and while you're out, and adjust your actions as needed.

You can keep using all public health measures even when your community or setting doesn't have restrictions in place.

Continue to:

- > follow all community public health and setting-specific restrictions and recommendations
- > choose lower-risk activities and settings
- > layer multiple individual public health measures, which include:
 - staying home when sick
 - improving ventilation
 - wearing a mask
 - cleaning hands regularly

For more information on COVID-19:

canada.ca/coronavirus

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