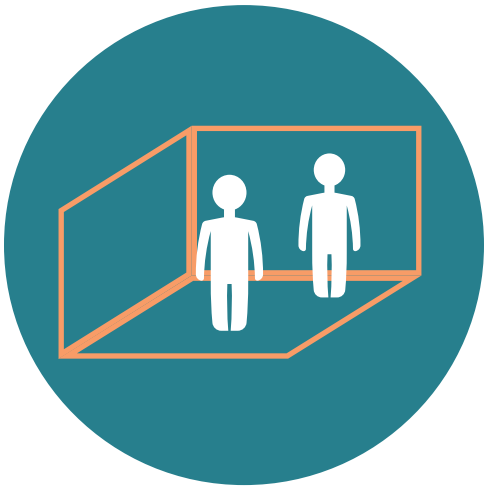


# COVID-19: Going Out Safely

## Settings: Avoid the Three Cs



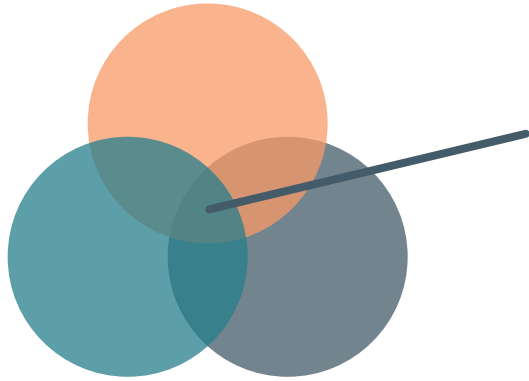
Closed spaces



Crowded places



Close contact



The risk is higher in places where these settings overlap.

### Low Risk



Getting mail and packages



Restaurant takeout



Grocery and retail shopping



Outdoor parks and beaches



Camping



Running/hiking/biking solo or physically distanced



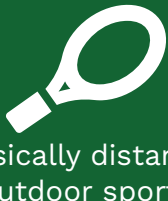
Driving a car solo or with social circle



Physically distanced picnic



Going for a walk



Physically distanced outdoor sports



Barbeque with social circle

### Medium Risk



Hair salons and barbershops



Outdoor restaurants and patios



Hotels and BnBs



Public pools



Medical and dental appointments



Schools, camps and daycare



Taxis and ride shares



Malls, museums and galleries



Working in an office



Weddings and funerals



Playing on play structures



Visiting elderly or at-risk people



Movie theatres

### High Risk



Bars and nightclubs



Crowded indoor restaurant/buffet



Casinos



Amusement parks



Indoor parties



Conferences



Cruise ships and resorts



Gyms and athletic studios



Hugging, kissing or shaking hands



Sexual activity with new people



Large religious /cultural gatherings



Sporting events in arenas and stadiums



Crowded public transportation



Music concerts and places with singing or shouting



High contact sports with shared equipment

## What You Should Do



Stay home if you're sick



Use good hand hygiene



Practice physical distancing



Wear a face mask (or covering) if required or physical distancing is not possible

Risk levels may vary based on your ability to physically distance, the use of non-medical masks by you and others, and other measures that may decrease risk. Some examples of low, medium, high risk are provided above but depend on whether or not proper public health measures are followed. Risk level for exposure is impacted by closed spaces, prolonged exposure time, crowds, forceful exhalation (yelling, singing, coughing).

Concepts adapted from Public Health Agency of Canada and the World Health Organization.



Lambton  
Public Health

Learn more at:  
[LambtonPublicHealth.ca](https://LambtonPublicHealth.ca)