COVID-19 Response Framework: Keeping Ontario Safe and Open — Lockdown Measures

November 20, 2020

This document presents a summary of the zones in Ontario's response framework. Please refer to O. Reg. 82/20, (Lockdown) O. Reg. 263/20 (Red-Control) and O. Reg. 364/20 (Green-Prevent, Yellow-Protect, and Orange-Restrict) or a full list of businesses and organizations permitted to operate, including the associated public health and workplace safety measures.



Ontario's Priorities

Limit the Transmission of COVID-19

Put measures in place that work to limit transmission and sickness, and prevent

death.

Avoid Closures

Enable
businesses to
sustain
operations
while reducing
the risk of
transmission.

Keep Schools and Childcare Open

Enable schools across the province to sustain a safe environment for classroom learning.

Maintain
Health Care
and Public
Health System
Capacity

Ensure the health care and public health system are meeting the needs of their communities.

Protect
Vulnerable
Populations

Put measures in place to protect those most vulnerable to COVID-19.

Provide
Additional
Supports
Where Possible

Develop equitable responses, including financial tools for groups and sectors disproportionately affected by the pandemic.

Principles for Keeping Ontario Safe and Open



Responsible: Protecting the **health and safety of the people of Ontario**, especially those who are most vulnerable. Keeping child care centres and schools open are priorities.



Proactive, graduated, and responsive: Proactive measures, including enforcement, will work to prevent transmission, thereby protecting our health care system and helping businesses stay open. **Graduated measures should be targeted and informed by regional circumstances.**



Evidence-informed: Best-available scientific knowledge, public health data, defined criteria and consistent measures will inform public health advice and government decisions.



Clear: Aligned with *A Framework for Reopening Our Province*, which Ontarians are familiar with. Plans and responsibilities for individuals, businesses and organizations (employers) will **be clear and outline what happens at each level**.

COVID-19 Response Framework: Keeping Ontario Safe and Open —

Proposed Threshold for Lockdown

Framework: Adjusting and Tightening Public Health Measures

Act earlier by implementing measures to protect public health and prevent closures

Gradually loosen measures as trends in public health indicators improve









CONTROL (Stringent Measures)



LOCKDOWN (Maximum Measures)

Focus on education and awareness of public health and workplace safety measures in place.

Restrictions reflect broadest allowance of activities in Stage 3 absent a widely available vaccine or treatment.

Highest risk settings remain closed.

Enhanced targeted enforcement, fines, and enhanced education to limit further transmission.

Apply public health measures in high risk settings.

Implement enhanced measures, restrictions, and enforcement avoiding any closures.

Implement broader-scale measures and restrictions, across multiple sectors, to control transmission.

Restrictions are the most severe available before widescale business or organizational closure.

Implement widescale measures and restrictions, including closures, to halt or interrupt transmission.

Consider declaration of emergency.

Indicators and Thresholds: Adjusting and Tightening Public Health Measures





PROTECT

(Strengthened Measures)





CONTROL

(Stringent Measures)



LOCKDOWN

(Maximum Measures)

Epidemiology

- Weekly incidence rate is < 10 per 100,000
- % positivity is < 0.5
- Rt < 1
- Outbreak trends/ observations
- Level of community transmission/non-epi linked cases stable

Health System Capacity

 Hospital and ICU capacity adequate

Public Health System Capacity

Case and contact follow up within 24 hours adequate

Epidemiology

- Weekly incidence rate is 10 to 24.9 per 100,000
- % positivity is 0.5-1.2%
- Rt is approximately 1
- Repeated outbreaks in multiple sectors/settings OR increasing/# of large outbreaks
- Level of community transmission/non-epi linked cases stable or increasing

Health System Capacity

 Hospital and ICU capacity adequate

Public Health System Capacity

Case and contact follow up within 24 hours adequate

Epidemiology

- Weekly incidence rate is 25 to 39.9 per 100,000
- % positivity is 1.3-2.4%
- Rt is approximately 1 to 1.1
- Repeated outbreaks in multiple sectors/settings, increasing/# of large outbreaks
- Level of community transmission/non-epi linked cases stable or increasing

Health System Capacity

 Hospital and ICU capacity adequate or occupancy increasing

Public Health System Capacity

 Case and contact follow up within 24 hours adequate or at risk of becoming overwhelmed

Epidemiology

- Weekly incidence rate ≥ 40 per 100,000
- % positivity ≥ 2.5%
- Rt is ≥ 1.2
- Repeated outbreaks in multiple sectors/settings, increasing/# of large outbreaks
- Level of community transmission/non-epi linked cases increasing

Health System Capacity

overwhelmed

 Hospital and ICU capacity at risk of being overwhelmed

Public Health System Capacity

 Public health unit capacity for case and contact management at risk or

Epidemiology

- Adverse trends after entering Red/Control, such as:
- Increasing weekly case incidence and/or test positivity
- Increasing case incidence and/or test positivity among people aged 70+
- Increasing outbreaks among vulnerable populations such as long-term care residents and residents of other congregate settings

Health System Capacity

Hospital and ICU capacity at risk of being overwhelmed

Public Health System Capacity

 Public health unit capacity for case and contact management at risk or overwhelmed

NOTES:

- Indicators will generally be assessed based on the previous two weeks of information. However, movement to apply measures will be considered sooner than two weeks if there is a rapidly worsening trend.
- Local context and conditions will inform movement, including potential regional application of measures.
- Thresholds within a region may not all be met at the same time; decisions about moving to new measures will require overall risk assessment by government.

Sector-Specific Public Health and Workplace Safety Measures, and Public Health Advice

General Public Health Measures (For businesses, organizations & facilities, and face coverings)

PREVENT

(Standard Measures)

PROTECT

(Strengthened Measures)

RESTRICT

(Intermediate Measures)

CONTROL (Stringent Measures)

LOCKDOWN

(Maximum Measures)

Public Health Advice, Recommendations and Instructions

Businesses or organizations must operate in compliance with the advice, recommendations, and instructions of public health officials, including any advice, recommendations or instructions on physical distancing, cleaning or disinfecting. Check with your local public health unit for any additional advice, recommendations or instructions.

Screening

Businesses or organizations must operate in compliance with the advice, recommendations instructions issued by the Office of the Chief Medical Officer of Health on screening individuals. This includes:

- Workplaces must screen any workers or essential visitors entering the work environment. See the COVID-19 Screening Tool for Workplaces for more information.
- Some businesses or organizations must screen patrons. Where this is required, it is noted in subsequent slides.

Personal Protective Equipment including Eye Protection

Personal protective equipment that provides protection of the eyes, nose, and mouth, is required if a worker is required to come within 2 metres of another person who is not wearing a face covering.

Capacity Limits

All businesses or facilities must limit capacity so that every member of the public is able to maintain two metres of physical distancing from every other person. Some businesses or facilities have additional capacity restrictions. Where additional capacity restrictions are in place, it is noted in subsequent slides.

Cleaning and Disinfection

Businesses or places that are open shall ensure that equipment, washrooms, locker rooms, change rooms, showers that are accessible to the public are cleaned and disinfected as frequently as is necessary to maintain a sanitary condition.

Face Coverings

Face coverings are required to be worn by members of the public and workers in indoor public places and workplaces, with limited exceptions.

Safety Plans

Safety plan required in higher risk settings.

Requirement for all businesses/organizations open in Lockdown to have a COVID-19 workplace safety plan.

Organized Public Events, Social Gatherings, and Religious Services, Rites and Ceremonies

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN (Maximum Measures)
Limits for certain organized public events and social gatherings where physical distancing can be maintained: • 10 people indoors • 25 people outdoors This includes functions, parties, dinners, gatherings BBQs or wedding receptions held in private residences, backyards, or parks.	Same as previous level	Same as previous level	Limit for all organized public events and social gatherings, where physical distancing can be maintained: • NEW 5 people indoors	No indoor organized public events and social gatherings, except with members of the same household. Limit for outdoor organized public events and social gatherings, physical distancing can be maintained: 10 people outdoors Virtual and drive-in gatherings and events permitted.
Limits for organized public events and social gatherings where physical distancing can be maintained: • 50 people indoors • 100 people outdoors This includes events and gatherings in staffed businesses and facilities.	Same as previous level	Same as previous level	• 25 people outdoors	
Limits for weddings, funerals and other religious services, rites or ceremonies, where physical distancing can be maintained: • 30% capacity of the room indoors • 100 people outdoors	Same as previous level	Same as previous level	Same as previous level	 Weddings, funerals and other religious services, rites or ceremonies where physical distancing can be maintained: 10 people indoors 10 people outdoors Virtual and drive-in services, rites or ceremonies permitted

Schools, Childcare, and Post-Secondary Institutions

PREVENT LOCKDOWN PROTECT RESTRICT **CONTROL** (Standard Measures) (Maximum Measures) (Strengthened Measures) (Intermediate Measures) (Stringent Measures) Schools open* Child care open* Post-secondary institutions open Post-secondary institutions open for virtual instruction, with exemptions where inperson instruction is *Subject to school/children care reopening plans and epidemiology of the virus. required (e.g. clinical training, trades)

Measures for Restaurants, Bars and Food or Drink Establishments

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN (Maximum Measures)
 Require patrons to be seated; 2m minimum or impermeable barrier required between tables Dancing, singing and performing music is permitted, with restrictions Karaoke permitted, with restrictions (including no private rooms) Require contact information for one patron per seated party No buffet style service Line-ups/patrons congregating outside venues managed by venue; 2m distance and face covering required Face coverings except when eating or drinking only Personal protective equipment, including eye protection required when a worker must come within 2 metres of another person who is not wearing a face covering Night clubs only permitted to operate as restaurant or bar 	 Measures from previous levels and: Establishments must be closed from 12 a.m. to 5 a.m. Liquor sold or served only between 9 a.m. to 11 p.m. No consumption of liquor permitted between 12 a.m. to 9 a.m. Require contact information for all seated patrons Limit of 6 people may be seated together Limit volume of music to be low enough that a normal conversation is possible Safety plan is required to be prepared and made available upon request 	 Measures from previous levels and: Maximum number of patrons permitted to be seated indoors is 50 Establishments must be closed from 10 p.m. to 5 a.m. Liquor sold or served only between 9 a.m. to 9 p.m. No consumption of liquor between 10 p.m. and 9 a.m. Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health. Limit of 4 people may be seated together Strip clubs closed or permitted to operate as a restaurant or bar 	 Maximum number of patrons permitted to be seated indoors is 10 Outdoor dining, take out, drive through, and delivery permitted, including the sale of alcohol Dancing, singing and the live performance of music are prohibited 	 Indoor and outdoor service prohibited Take out, drive through, and delivery permitted, including sale of alcohol

Measures for Sports and Recreational Fitness

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN (Maximum Measures)
 Maintain 2m physical distancing, unless engaged in a sport Maximum of 50 people indoors or 100 people outdoors in classes Maximum of 50 people indoors in area with weights or fitness or exercise equipment Maximum of 50 spectators indoors or 100 spectators outdoors Capacity limits applied on a per room basis if operating in compliance with a plan approved by the Office of the Chief Medical Officer of Health (Guidance for Facilities for Sport and Recreational Fitness Activities During COVID-19) Team or individual sports must be modified to avoid physical contact; 50 people per league Exemption for high performance athletes and parasports Limit volume of music to be low enough that a normal conversation is possible; measures to prevent shouting by both instructors and members of the public Face coverings required except when exercising 	 Measures from previous levels and: Increase spacing between patrons to 3m in areas with weights or exercise equipment and in exercise and fitness classes Maximum of 10 people per room indoors and 25 outdoors in fitness or exercise classes Require contact information for all members of the public that enter the facility Require reservation for entry; one reservation for teams Safety plan is required to the prepared and made available upon request 	Measures from previous levels and: • Maximum of 50 people total in areas with weights and exercise machines and all classes (revoke OCMOH approved plan) • Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health • Patrons may only be in the facility for 90 minutes except if engaged in a sport • No spectators permitted (exemption for parent/guardian supervision of children)	Measures from previous levels and: • Gyms and fitness studios permitted to be open: • Maximum of 10 people indoors or 25 people outdoors in classes • 10 people indoors in areas with weights or exercise equipment • Team sports must not be practiced or played except for training (no games or scrimmage) • Activities that are likely to result in individuals coming within 2m of each other are not permitted	 Closure of all indoor facilities, including indoor courts, pools, and rinks Community centres and multipurpose facilities (e.g., YMCA) allowed to be open for permitted activities such as child care services Indoor individual and team sports (including training) not permitted with exemptions for high performance, including parasport athletes, and professional leagues (e.g., NHL, CFL, MLS, NBA) Outdoor sports, classes, and use of amenities, limited to 10 people

Measures for Meeting and Event Spaces

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN (Maximum Measures)
 Maximum of 50 people indoors or 100 people outdoors; exceptions for wedding, funeral and religious services, rites or ceremonies Booking multiple rooms for the same event not permitted Maximum of 50 people per room indoors if venue operates in accordance with the approved plan from the Office of the Chief Medical Officer of Health (Guidance for Meeting and Event Facilities During COVID-19) Exceptions for court services and government services 	 Measures from previous levels and: Establishments must be closed from 12 a.m. to 5 a.m. Liquor sold or served only between 9 a.m. to 11 p.m. No consumption of liquor permitted between 12 a.m. to 9 a.m. Require contact information for all seated patrons Limit of 6 people may be seated together Limit volume of music to be low enough that a normal conversation is possible Safety plan is required to be prepared and made available upon request 	 Measures from previous levels and: Maximum of 50 people indoors per facility (revoke OCMOH approved plan) Establishments must be closed from 10 p.m. to 5 a.m Liquor sold or served only between 9 a.m. to 9 p.m. No consumption of liquor between 10 p.m. and 9 a.m. Limit of 4 people may be seated together Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health 	Measures from previous levels and: • Maximum of 10 people per facility indoors or 25 people outdoors	 Closed with limited exceptions for: Court services Government services Mental health and addictions support services (e.g., Alcoholics Anonymous) permitted to a maximum of 10 people

Measures for Retail

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN (Maximum Measures)	
 Fitting rooms must be limited to non-adjacent stalls Line-ups/patrons congregating outside venues managed by venue; 2m distance and face covering required 	Measure from previous level and: • Limit volume of music to be low enough that a normal conversation is possible • Shopping malls: Safety plan is required to be prepared and made available upon request	 Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health NEW Requirement to maintain 2m while standing in line and flow management 	Measures from previous levels and: • Maximum number of patrons permitted to be seated indoors in mall food court is 10 NEW • Requirement to maintain 2m while standing in line	 Retail permitted to be open for curbside pickup or delivery only (in-person retail shopping not permitted) with some exceptions: Supermarkets, grocery stores, convenience stores, hardware stores, other retailers selling groceries, beer and wine and liquor stores, pharmacies and safety supply stores permitted to be open for in-person shopping 50% capacity limits in retail outlets permitted to open for in-person shopping Motor vehicle sales permitted to be open for in-person shopping by appointment only and other safety restrictions Garden centres, plant nurseries: indoor by appointment. Permitted if public remains outdoors or by curbside pick-up or delivery Outdoor markets permitted Retail outlets in malls permitted to be open for curbside pick-up or delivery only (in-person retail shopping not permitted); full access to businesses and organizations permitted to be open (e.g., pharmacy, dentist); food court open for take-away Requirement to maintain 2m while standing in line 	

Measures for Personal Care Services

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN (Maximum Measures)
Oxygen bars, steam rooms, and saunas closed	 Measures from previous level and: Require contact information from all patrons Safety plan is required to be prepared and made available upon request 	 Measures from previous level and: Services requiring removal of face coverings prohibited Bath houses, other adult venues, and sensory deprivation pods closed (some exceptions) Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health 	Measures from previous level	Closed

Measures for Casinos, Bingo Halls and Gaming Establishments

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN
 Maximum of 50 people Table games are prohibited Casinos, bingo halls, and gaming establishments can operate in accordance with a plan approved by the Office of the Chief Medical Officer of Health 	 Measures from previous level and: Liquor sold or served only between 9 a.m. to 11 p.m. No consumption of liquor permitted between 12 a.m. to 9 a.m. Require contact information from all patrons Safety plan is required to be prepared and made available upon request 	 Measures from previous levels, and: Liquor sold or served only between 9 a.m. to 9 p.m. No consumption of liquor between 10 p.m. and 9 a.m. Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health 	Measures from previous levels and: • Maximum of 10 people indoors or 25 people outdoors	Closed

Measures for Cinemas

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN
 Maximum of 50 people indoors or 100 people outdoors 50 people per indoor auditorium if cinema operates in accordance with the approved plan from the Office of the Chief Medical Officer of Health (Guidance for Movie Theatres During COVID-19) Face coverings except when eating or drinking only Drive-in cinemas permitted to operate, subject to restrictions 	 Measures from previous level and: Liquor sold or served only between 9 a.m. to 11 p.m. No consumption of liquor permitted between 12 a.m. to 9 a.m. Require contact information from all patrons Safety plan is required to be prepared and made available upon request 	 Measures from previous levels and: Maximum of 50 people indoors per facility (revoke OCMOH approved plan) Liquor sold or served only between 9 a.m. to 9 p.m. No consumption of liquor between 10 p.m. and 9 a.m. Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health 	 Closed, except for: Drive-in cinemas Rehearsal or performing a recorded or broadcasted event remains permitted Singers and players of brass or wind instruments must be separated from any other performers by plexiglass or other impermeable barrier 	Same as previous level

Measures for Performing Arts Facilities

PREVENT (Standard Measures)	PROTECT (Strengthened Measures)	RESTRICT (Intermediate Measures)	CONTROL (Stringent Measures)	LOCKDOWN
 Maximum of 50 spectators indoors and 100 spectators outdoors Singers and players of wind or brass instruments must be separated from spectators by plexiglass or some other impermeable barrier Rehearsal or performing a recorded or broadcasted event permitted Performers and employees must maintain 2m physical distance except for purposes of the performance Drive-in performances permitted 	 Measures from previous level and: Liquor sold or served only between 9 a.m. to 11 p.m. No consumption of liquor permitted between 12 a.m. to 9 a.m. Require contact information from all patrons Safety plan is required to be prepared and made available upon request 	 Measures from previous levels and: Liquor sold or served only between 9 a.m. to 9 p.m. No consumption of liquor between 10 p.m. and 9 a.m. Screening of patrons is required, in accordance with instructions issued by the Office of the Chief Medical Officer of Health 	 Measures from previous levels and: Closed to spectators Rehearsal or performing a recorded or broadcasted event remains permitted Singers and players of brass or wind instruments must be separated from any other performers by plexiglass or other impermeable barrier 	Same as previous level

Other Sectors

Sector	Proposed Lockdown under Keeping Ontario Safe and Open
Amusement parks, water parks	Closed
Bathhouses and sex clubs	Closed
Boarding kennels and stables	Permitted to open for animal's owner to visit the animal, assist in the care or feeding of the animal or, as applicable, ride the animal
Campgrounds	 Existing bookings as of November 22, 2020 honoured regardless of when the camping occurs. No new bookings after November 22, 2020 permitted, except for individuals who are in need of housing Washrooms/showers permitted to be open
Cannabis	Permitted by curb-side pick-up
Driving instruction	In-person driving instruction not permitted; virtual permitted
Film and television production	Permitted with restrictions in Red (Control) Post-production permitted
 Household services: Domestic services such as housekeepers, cooks, maids, butlers, personal affairs management, nanny services, babysitters, other domestic personnel Cleaning and maintenance services such as house cleaning, indoor/outdoor painting, cleaning, pool cleaning, general repairs. 	Permitted
Horse racing	Training only, no races No spectators

Other Sectors (continued 1)

Sector	Proposed Lockdown under Keeping Ontario Safe and Open
Hotels, motels	 Permitted to operate except for any pools, fitness centres, meeting rooms and other recreational facilities that may be part of the operations of these businesses
Libraries	 Open for contactless curbside, delivery, and pick-up Patrons permitted to enter libraries for contactless drop-off and pick-up, and to access computers, photocopiers, or similar services. May open for permitted services (e.g., child care services, AA meetings) No classes
Marinas, boating clubs, golf courses, driving ranges, etc.	 Marinas and boating clubs Permitted to operate for fuel supply, watercraft repair and servicing, watercraft docking, and watercraft launching services for essential purposes Clubhouses, restaurants, pools, meeting rooms, fitness centres or other recreational facilities on the premises closed to the public, with limited exceptions Golf courses and driving ranges: Outdoors permitted, indoors closed Indoor shooting ranges closed
Motorsports	Closed
Museums and other cultural amenities (e.g., art galleries, science centres)	Closed
Nightclubs	Only permitted to open if they operate as a restaurant, bar, or other food and drink establishment (take-out, drive-through and delivery service only)
Personal services including personal shoppers, party and wedding planners, personal organizer services, personal physical fitness or sports trainers and house sitters.	In-person personal services not permitted

Other Sectors (continued 2)

Sector	Proposed Lockdown under Keeping Ontario Safe and Open
Photography studios and services	Closed
Real estate agencies	Permitted to operate; open houses permitted by appointment only
Short-term rentals	 Existing bookings as of November 22, 2020 honoured regardless of when the rental occurs. No new bookings after November 22, 2020 permitted, except for individuals who are in need of housing.
Strip clubs	Only permitted to open if they operate as a restaurant, bar, or other food and drink establishment (take-out, drive-through and delivery service only)
Tour and guide services	Closed
Veterinary services	Permitted
Zoos and aquariums	Closed to the public. Permitted to operate for the care of animals

Public Health Advice

PREVENT

(Standard Measures)

PROTECT

(Strengthened Measures)

RESTRICT

(Intermediate Measures)

CONTROL

(Stringent Measures)

LOCKDOWN

(Maximum Measures)

Close Contact, Gatherings and Events

- · Limit close contact to your household (the people you live with).
 - o Individuals who live alone, including seniors, may consider having exclusive, close contact with another household to help reduce the negative impacts of social isolation.
- · Maintain two metres of physical distancing from everyone else.
- Wear a face covering indoors, outdoors if physical distancing cannot be maintained, or if wearing one is required.
- Virtual gatherings or events are the safest way to visit or recognize occasions with people outside your household.
- · Adhere to provincial and applicable local restrictions on public and private gatherings.

Travel within Ontario

• Individuals and families in higher transmission areas should avoid travel to lower transmission areas (e.g., from Red to Orange, from Yellow to Green) except for essential reasons.

Inter-provincial Travel

- Staying home is the best way to protect yourself and others.
- Individuals and families who consider travelling to another province for essential reasons during the holidays should:
 - Consider the risk associated with travelling. This includes COVID-19 transmission in the other province, entry requirements (e.g., quarantine) of some other provinces, etc.
 - Self-quarantine, or drastically reduce close contact with others 10 to 14 days before travelling and after returning home. This will help lower the risk of exposure to COVID-19.
- General (Ontario) public health advice, as well as any rules and regulations of the other province, should be followed.

General Advice

- Stay home if you have symptoms, even if they are mild;
- Wash your hands thoroughly and regularly;
- Cover your cough;
- Download the COVID Alert mobile app; and
- Get tested if you have symptoms compatible with COVID-19, or if you've been advised of exposure by your local public health unit or through the COVID Alert mobile app.

Advice from Previous Levels and:

- Trips outside of the home should only be for essential reasons (work, school, groceries/pharmacy, health care, assisting vulnerable individuals, or exercise and physical activity).
- Families should not visit any other household or allow visitors in their homes.
- Everyone should avoid social gatherings.
- Work remotely, where possible.