### Reducing the risk

#### LEAST SAFE OPTIONS

Gathering in groups of more than 5 people who live outside of your household unit, where physical distancing is difficult, both indoors and outdoors. Examples include:

- Sharing meals or snacks (indoors or outdoors like at a BBQ or picnic).
- Having guests over.
- Going to crowded places (especially indoors and also busy beaches and parks).
- Participating in team/contact sports.
- Visiting the family cottage, if with more than one household.

#### USE CAUTION

When you are in a public setting (indoors or outdoors), it is important to maintain physical distancing of at least 2 metres (six feet) and wear a cloth mask when necessary.

**OUTDOORS**

- Sidestep, pass quickly and courteously, and/or stagger yourselves to not be directly behind others when walking, running, cycling, and other outdoor activities.
- Spending time outdoors (including your backyard or driveway) with people who are not part of your household.

**INDOORS**

- Using public transportation including buses and taxis.
- Grocery and retail shopping and farmers’ markets.
- Attending medical appointments.
- Ordering take out food.
- Allowing service providers in your home for renovations, cleaning, maintenance, etc.

#### SAFER OPTIONS

Either alone, or with members of your household only **AND** keep at least a 2-metre (six feet) distance from others.

- Going to less crowded beaches and parks.
- Gardening and yard work.
- Personal hobbies such as bird watching, stargazing, painting, nature journaling, and photography.
- Picnics, playing catch, kicking a soccer ball.
- Shopping online with home or curbside delivery.
- Staying in touch with loved ones by phone, electronically or drive by visits while maintaining physical distance.

OttawaPublicHealth.ca/ActiveDuringCOVID19