Reducing the risk (#COVIDWise)

As the community gradually reopens (Stage 2), Ottawa Public Health (OPH) encourages you to go about your daily activities while continuing to protect yourself and others. Please follow these recommended precautions to help keep COVID-19 under control. Certain groups are at a higher risk (older adults, people with a weakened immune system or a chronic health condition) should take extra precautions. Practice physical distancing by staying 2 metres (6 feet) apart from others. When physical distancing is challenging or not possible, wear a cloth mask. Wash your hands often with soap and water or an alcohol-based hand sanitizer. Limit the spread of germs by covering your mouth and nose with a tissue or cough into your upper sleeve or arm, not your hand. Activities have high to low levels of risk when it comes to spreading the virus. Use this table to help choose your activities as we work to keep the virus under control.

**Least Safe Options**

Gathering indoors or outdoors with those outside your household especially when physical distancing is difficult.

Some examples include:

- Sharing food or drinks
- Having guests inside your home or visiting friends or family inside their home
- Going to crowded places
- Participating in team or contact sports
- Visiting cottages and campgrounds with others outside your household

**Use Caution**

When you are in a public place (indoors or outdoors), practice physical distancing by staying 2 metres (6 feet) apart from others. When physical distancing is challenging or not possible, wear a cloth mask.

**OUTDOORS**

- Spending time outdoors (including your backyard or driveway) with people who are not part of your household
- Exercising outdoors in potentially busy areas during popular times (e.g. shared pathways, parks in the evenings and on weekends)
- Using public transportation including buses, light rail, transit, taxis and ride sharing

**INDOORS**

- Using elevators and hallways in buildings, malls or apartments
- Shopping at grocery and retail stores and farmers’ markets
- Going to the businesses that offer personal services (e.g. salons/barbers, tattoo parlours, massage clinics) or medical appointments
- Picking up take-out food orders and other in-store pickups
- Having service providers in your home for repairs, renovations, maintenance, etc.

**Safer Options**

Doing activities either alone or with members of your household AND maintaining a physical distance of at least 2 metres (6 feet) from others such as:

- Golfing, playing tennis, playing catch, kicking a ball, flying a kite, gardening
- Having a picnic or sitting in a quiet park or other outdoor space
- Doing personal hobbies and crafts such as bird watching, stargazing, painting, journaling, sewing, knitting and reading
- Shopping online with home delivery or curbside pickup
- Staying in touch with friends and loved ones virtually or with drive-by visits

Take care of yourself. It’s OK to NOT be OK. Help is available and we encourage you to reach out to the Distress Centre of Ottawa to connect with someone at 613-238-3311. We are all in this together.

OttawaPublicHealth.ca/COVIDWise