














1750 Russell Road, Ottawa, ON K1G 5Z6














Assess the Risk Level

Risk levels may vary based on your ability to physically distance, the use of non-medical masks by you and others, and the controls put in place at the establishment or setting to further reduce risk. Some examples of low, medium, high risk are provided below but depend on whether or not proper public health measures are followed.













Low risk

-  Getting mail and packages
-  Grocery and retail shopping with public health measures
-  Camping
-  Driving Car (solo or with household contacts)
-  Going for a walk
-  Backyard BBQ with your 'bubble' contacts
-  Restaurant takeout
-  Community / Outdoor parks and beaches
-  Running / hiking / biking solo or at a distance from others
-  Socially distanced picnic
-  Playing "distanced" sports outside (tennis/golf)

Medium risk

-  Hair salon / barbershop
-  Medical, health and dental appointments
-  Hotel / BnB
-  Taxi / ride shares
-  Working in an office
-  Playing on play structures
-  Movie theatre
-  Outdoor restaurant/patio
-  School / camp / daycare
-  Public pools
-  Malls / museums / galleries
-  Weddings and funerals of limited size
-  Visiting elderly or at-risk family / friends in their home

High risk

-  Bars and nightclubs
-  Gyms and athletic studios
-  Cruise ships and resorts
-  Hugging, kissing or shaking hands
-  Large religious / cultural gatherings
-  Watching sporting events in arenas and stadiums
-  Casinos
-  Crowded public transportation (bus, subway)
-  Crowded indoor restaurant / buffet
-  Amusement parks
-  High-contact sports with shared equipment (football/basketball)
-  Conferences
-  Music concerts, or places where people are singing or shouting
-  Sexual activity with new people
- Indoor party

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