

# Making decisions about going out during the COVID-19 pandemic.



Should I attend that event or activity?

**Ask yourself these questions to determine if the event or activity is appropriate for you to attend.**

- ① Are you at high risk of developing serious complications if you become infected?
- ② If you have to self-isolate due to exposure, will this seriously disrupt your upcoming plans, priorities and responsibilities?
- ③ Are there people at high risk of developing serious complications of COVID-19 in your household you could unintentionally infect?
- ④ Has the host structured the location to reduce the risk of spreading COVID-19, making it easy to maintain physical distance from others and requiring people to wear face coverings?
- ⑤ Can you adjust your participation mid-event, for example by stepping away if it gets crowded, wearing a face covering and washing your hands?

Before you go to an event you can reduce your risk of getting infected and/or spreading the virus:

- If you have any symptoms, even mild ones, stay home, stay away from others, and get tested;
- Keep up with physical distancing, hand washing and wearing a face covering; and;
- Limit the number of locations and social gatherings you attend before a planned event to reduce the risk of spread during the event.