



RESIDENT/FAMILY SAFE OUTING SHEET

BEST PRACTICES FOR SAFE OUTINGS

- Maintain physical distancing of 2m
- Wear a mask at all times
- Ensure safe transportation
- Maintain good hand hygiene
- Know the risks of unknown exposure (see table below)
- NOTE: You are subject to health assessment screening upon reentry

RISK OF UNKNOWN EXPOSURE		
LOW RISK	MEDIUM RISK	HIGH RISK
<p>To be considered at low risk of unknown exposure, all the following conditions must be met:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lives in an area of low COVID-19 exposure (refer to Risk designation of region) <input type="checkbox"/> Transferred from a hospital or setting with no outbreak or cases under investigation <input type="checkbox"/> Part of a small cohort (15 or less) who consistently practice physical distancing and use masks when cannot maintain distance <input type="checkbox"/> Not had guests at home in the past 14 days <input type="checkbox"/> Takes essential outings only <input type="checkbox"/> Uses own vehicle (not public transit) <input type="checkbox"/> Consistently maintains 2 metres of distance from those outside household in all activities <input type="checkbox"/> Mask worn when cannot maintain physical distancing <input type="checkbox"/> Consistent hand hygiene <input type="checkbox"/> No interprovincial travel within the last 14 days 	<p style="text-align: center;"><input type="checkbox"/></p> <p style="text-align: center;"><i>There will be many variations that arise between the extremes of high and low risk of unknown exposure</i></p> <p style="text-align: center;"><i>Individuals must use their best judgement to determine risk of unknown exposure where neither low nor high is appropriate.</i></p>	<p>To be considered at high risk of unknown exposure, one or more of the following may be met:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Lives in an area of high COVID-19 exposure (refer to Risk designation of region) <input type="checkbox"/> Transferred from a hospital or other setting with an outbreak or cases under investigation anywhere in the setting <input type="checkbox"/> Visited a location with a declared COVID-19 outbreak in last 14 days <input type="checkbox"/> Part of a large cohort (more than 15) <input type="checkbox"/> Cohort inconsistently practices physical distancing and use of masks when cannot maintain distance <input type="checkbox"/> Had guests in home in last 14 days <input type="checkbox"/> Outings where contact with others outside household is likely <input type="checkbox"/> Use of public transit or carpooling where distancing is not consistently maintained and masking is not consistently used <input type="checkbox"/> Does not maintain physical distancing and does not wear a mask <input type="checkbox"/> Infrequent or inconsistent hand hygiene <input type="checkbox"/> Interprovincial travel within the past 14 days