

Newfoundland and Labrador COVID-19 Alert Level System



ALERT LEVEL	YOUR RESPONSIBILITY	PUBLIC HEALTH MEASURES	
ALL	 Follow Public Health Guidance for All Alert Levels. If you have COVID-19 symptoms, use the online COVID-19 Assessment and Referral tool or call 811 if you do not have internet access. Outdoor activities, including walking, hiking, or snowshoeing, are encouraged as long as physical distancing can be maintained between household bubbles and you are not required to self-isolate for any reason. 		
5	Stay at home as much as possible, except to get essentials like groceries and medications. Limit contact with others to only those in your household bubble. Single person households can bubble with another household.	 Gatherings at funerals, burials, weddings, religious and cultural ceremonies are limited to no more than 5 people, including the officiant. Physical distancing must be maintained. Public visitations and wakes are prohibited. With the exception of a single person household joining another household, all other gatherings are limited to those individuals within the same household. Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed. Performance spaces are closed. Group and team sport, arts and recreation activities are suspended. Private health care clinics are closed, except those of physicians and nurse practitioners. Closed clinics can offer urgent and emergent care, and virtual options can be offered for non-urgent care. 	 Visitor restrictions for acute care, long term care, personal care homes, community care homes, and assisted living facilities are in accordance with the Guidelines for Support Persons/Designated Visitors. Child care services can operate at 50 per cent capacity. Retail stores that do not provide services essential to life, health or personal safety of individuals and animals are closed to in-person services. Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are permitted). Bars, lounges, bingo halls and cinemas are closed. Personal service establishments are closed.
4	Stay at home as much as possible, except to get essentials like groceries and medications. Work from home, where possible. You must stay within your household bubble whenever you are not at work or school. You can expand your bubble by a small amount to connect with immediate family where necessary, bring in caregivers, or support isolated people.	 Gatherings at funerals, burials, weddings, religious and cultural ceremonies are limited to no more than 10 people, including the officiant. Physical distancing must be maintained. Public visitations and wakes are prohibited. Informal gatherings are limited to only those in your bubble. Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed. Performance spaces are closed. Group and team sport, arts and recreation activities are suspended. Regional health authorities will begin to allow some health care services to resume. Private health care clinics can open in accordance with guidelines. 	 Visitor restrictions for acute care, long term care, personal care homes, community care homes, and assisted living facilities are in accordance with the Guidelines for Support Persons/Designated Visitors. Child care services are expanded to full capacity. Retail stores, including those in shopping malls, can open at 50 per cent capacity. Personal service establishments can open in accordance with guidelines. Bars, lounges, bingo halls and cinemas are closed. Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are permitted).
3	Stay at home as much as possible. Those at higher risk of complications due to COVID-19 should not go out, except to get essentials like groceries and medications. Your household can interact with up to 10 close, consistent contacts from outside your household bubble (Tight 10).	 Gatherings at funerals, burials, weddings, religious and cultural ceremonies are limited to no more than 20 people, including the officiant. Physical distancing must be maintained. Public visitations are permitted, with one household bubble visiting at a time. Wakes are prohibited. Informal gatherings are limited to only those in your Tight 10. Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are permitted to open, with a maximum capacity of 20 people per room or ice surface. Physical distancing between household bubbles must be maintained. Performance spaces are closed. Group and team sport, arts and recreation activities are suspended. 	 Private health care clinics can open in accordance with guidelines. Visitor restrictions for acute care, long term care, personal care homes, community care homes, and assisted living facilities are in accordance with the Guidelines for Support Persons/Designated Visitors. Child care services are expanded to full capacity. Retail stores, including those in shopping malls, can open at reduced capacity. Physical distancing must be maintained. Personal service establishments can open in accordance with guidelines. Restaurants can open at 50 per cent capacity as long as physical distancing can be maintained between patrons seated at adjacent tables. Buffets are prohibited. Bars, lounges, bingo halls and cinemas are closed.
2	People can move about more. Those at higher risk of complications due to COVID-19 should stay at home as much as possible, except to get essentials like groceries and medications. The size of your household bubble will be determined based on current situation.	 Gatherings at funerals, burials, weddings, religious and cultural ceremonies are permitted. Size will be based on the current situation and evidence. Public visitations are permitted, with one household bubble visiting at a time. Wakes are prohibited. Informal gatherings limits will be based on the current situation and evidence. Gyms and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are permitted to open, with restrictions. Performance spaces can open with reduced occupancy. Group and team sport, arts and recreation activities restrictions are permitted. Restrictions will be based on the current situation and evidence. 	 Private health care clinics can open in accordance with guidelines. Visitor restrictions for acute care, long term care, personal care homes, community care homes, and assisted living facilities are in accordance with the Guidelines for Support Persons/Designated Visitors. Child care services are expanded to full capacity. Retail stores, including those in shopping malls, can open at reduced capacity. Physical distancing must be maintained. Personal service establishments can open in accordance with guidelines. Restaurants can open at reduced capacity as long as physical distancing can be maintained between patrons seated at adjacent tables. Buffets are prohibited. Bars, lounges, bingo halls and cinemas are permitted to open with reduced occupancy.
1	Lifting long-term public health measures will depend on: • Evaluation of transmission patterns of COVID-19; • Availability of an effective vaccine and/or treatment; and • A strong public health system.		