## NLife COVID-19

## Newfoundland and Labrador COVID-19 Alert Level System



ALERT LEVEL	YOUR RESPONSIBILITY	PUBLIC HEALTH MEASURES	
ALL	<ul> <li>Follow Public Health Guidance for All Alert Levels.</li> <li>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.</li> <li>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.</li> </ul>		
5	<ul> <li>Stay at home as much as possible, except to get essentials like groceries and medications.</li> <li>Limit contact with others to only those in your household bubble. Single person households can bubble with another household.</li> </ul>	<ul> <li>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.</li> <li>Public visitations and wakes are prohibited.</li> <li>With the exception of a single person household joining another household, all other gatherings are limited to those individuals within the same household.</li> <li>Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed.</li> <li>Performance spaces are closed.</li> <li>Group and team sport, arts and recreation activities are suspended.</li> <li>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.</li> </ul>	<ul> <li>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.</li> <li>Child care services can operate at 50 per cent capacity.</li> <li>Retail stores that do not provide services essential to life, health or personal safety of individuals and animals are closed to in-person services.</li> <li>Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are permitted).</li> <li>Bars, lounges, bingo halls and cinemas are closed.</li> <li>Personal service establishments are closed.</li> </ul>
4	<ul> <li>Stay at home as much as possible, except to get essentials like groceries and medications.</li> <li>Work from home, where possible.</li> <li>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.</li> </ul>	<ul> <li>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.</li> <li>Public visitations and wakes are prohibited.</li> <li>Informal gatherings are limited to only those in your bubble.</li> <li>Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed.</li> <li>Performance spaces are closed.</li> <li>Group and team sport, arts and recreation activities are suspended.</li> <li>Regional health authorities will begin to allow some health care services to resume.</li> <li>Private health care clinics can open in accordance with guidelines.</li> </ul>	<ul> <li>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.</li> <li>Child care services are expanded to full capacity.</li> <li>Retail stores, including those in shopping malls, can open at 50 per cent capacity.</li> <li>Personal service establishments can open in accordance with guidelines.</li> <li>Bars, lounges, bingo halls and cinemas are closed.</li> <li>Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are permitted).</li> </ul>
3	<ul> <li>Stay at home as much as possible.</li> <li>Those at higher risk of complications due to COVID-19 should not go out, except to get essentials like groceries and medications.</li> <li>Your household can interact with up to 10 close, consistent contacts from outside your household bubble (Tight 10).</li> </ul>	<ul> <li>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.</li> <li>Public visitations are permitted, with one household bubble visiting at a time. Wakes are prohibited.</li> <li>Informal gatherings are limited to only those in your Tight 10.</li> <li>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.</li> <li>Performance spaces are closed.</li> <li>Group and team sport, arts and recreation activities are suspended.</li> </ul>	<ul> <li>Private health care clinics can open in accordance with guidelines.</li> <li>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.</li> <li>Child care services are expanded to full capacity.</li> <li>Retail stores, including those in shopping malls, can open at reduced capacity. Physical distancing must be maintained.</li> <li>Personal service establishments can open in accordance with guidelines.</li> <li>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.</li> <li>Bars, lounges, bingo halls and cinemas are closed.</li> </ul>
2	<ul> <li>People can move about more.</li> <li>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.</li> <li>Your household can interact with up to 20 close, consistent contacts from outside your household bubble (Steady 20).</li> </ul>	<ul> <li>Formal gatherings run by a recognized business or organization are limited to no more than 50 people. Physical distancing must be maintained.</li> <li>Public visitations are permitted, with one household bubble visiting at a time. Wakes are prohibited.</li> <li>Informal gatherings are limited to only those in your Steady 20.</li> <li>Gyms and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are permitted to open, with restrictions.</li> <li>Performance spaces can open with a maximum capacity of 50 people. Physical distancing must be maintained.</li> <li>Group and team sport, arts and recreation activities restrictions are permitted, in accordance with guidelines.</li> </ul>	<ul> <li>Private health care clinics can open in accordance with guidelines.</li> <li>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.</li> <li>Child care services are expanded to full capacity.</li> <li>Retail stores, including those in shopping malls, can open at reduced capacity. Physical distancing must be maintained.</li> <li>Personal service establishments can open in accordance with guidelines.</li> <li>Restaurants can open for in-person dining at 50 per cent capacity as long as physical distancing can be maintained between patrons seated at adjacent tables. Buffets are prohibited.</li> <li>Bars and lounges are permitted to open at 50 per cent capacity, in accordance with guidelines.</li> <li>Bingo halls and cinemas are permitted to open with a maximum capacity of 50 people per room. Physical distancing must be maintained.</li> </ul>