

A Foundation for Living with COVID-19






COVID-19 Alert Level System

The COVID-19 Alert Level System provides Newfoundlanders and Labradorians with an overview of the steps that will be taken as we change public health measures. We will move through the Alert Levels gradually with continued monitoring of COVID-19 in our communities. We may move up or down Alert Levels as needed.

How we know we are ready to move to lower the Alert Level

We will be monitoring these areas in order to make decisions to lower Alert Levels:

1. Spread of COVID-19, including COVID-19 variants of concern
2. Ability to test, trace and isolate all cases
3. Health system readiness to handle any surge in COVID-19 cases
4. Risk of outbreaks
5. Workplace preparedness to protect the health and safety of staff and the public
6. Identification and isolation of travel-related cases
7. Community readiness to live with COVID-19

	ALERT LEVEL 	ALERT LEVEL 	ALERT LEVEL 	ALERT LEVEL 	ALERT LEVEL 
Overview	<ul style="list-style-type: none"> Broad sweeping public health measures to protect the population. 	<ul style="list-style-type: none"> Begin relaxing public health measures to allow more social and business activities, while minimizing the risk of outbreaks. 	<ul style="list-style-type: none"> Control transmission while further relaxing public health measures. 	<ul style="list-style-type: none"> Control transmission while maintaining health system capacity throughout further re-opening of social and business activities. 	<ul style="list-style-type: none"> Availability of an effective vaccine and/or treatment, and a strong public health system.
Public Health Guidance for All Alert Levels	<ul style="list-style-type: none"> Staying informed and being prepared to follow public health advice. Practicing good hygiene (wash your hands, avoid touching your face, cough and sneeze into your sleeve or a tissue). Maintaining a physical distance of at least 2 arm lengths. Use a non-medical or cloth mask when physical distancing cannot be maintained. Frequent cleaning and disinfection of high-touch surfaces. 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. Staying at home and away from others when you are sick, unless it is to get medical attention. Wearing a non-medical or cloth mask if you have symptoms when going out to access health care services. Working from home, where possible. Continuing to shop online and using curbside pickup, where possible. Limiting non-essential travel. Keeping a log of when you go out in public and your interactions with others. Outdoor activities, including walking, hiking, or snowshoeing, are encouraged as long as physical distancing can be maintained between bubbles and you are not required to self-isolate for any reason. 				

	ALERT LEVEL 5	ALERT LEVEL 4	ALERT LEVEL 3	ALERT LEVEL 2	ALERT LEVEL 1
Your Responsibility	<ul style="list-style-type: none"> Follow Public Health Guidance for All Alert Levels. 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. 	<ul style="list-style-type: none"> Follow Public Health Guidance for All Alert Levels. Stay at home as much as possible, except to get essentials like groceries and medications. 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 when necessary, bring in caregivers, or support isolated people. 	<ul style="list-style-type: none"> Follow Public Health Guidance for All Alert Levels. 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 bubble can interact with up to 10 close, consistent contacts from outside your household (Tight 10). 	<ul style="list-style-type: none"> Follow Public Health Guidance for All Alert Levels. 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. Your household bubble can interact with up to 20 close, consistent contacts from outside your household (Steady 20). 	<ul style="list-style-type: none"> Consideration of lifting long-term public health measures will depend on evaluation of transmission patterns of COVID-19.
Public Spaces and Gatherings	<ul style="list-style-type: none"> Gatherings at funerals, burials, weddings, and 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, informal gatherings are limited to those individuals within the same household. 	<ul style="list-style-type: none"> Gatherings at funerals, burials, weddings, and 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. 	<ul style="list-style-type: none"> Gatherings at funerals, burials, weddings, and 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. 	<ul style="list-style-type: none"> Formal gatherings run by a recognized business or organization are limited to no more than 100 people. 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 Steady 20. 	<ul style="list-style-type: none"> Consideration of lifting long-term public health measures will depend on evaluation of transmission patterns of COVID-19.

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Recreational Activities	<ul style="list-style-type: none"> Outdoor playgrounds and equipment can be used, where owner/operators allow. Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed. Group and team sport, arts and recreation activities are suspended. Performance spaces are closed. 	<ul style="list-style-type: none"> Outdoor playgrounds and equipment can be used, where owner/operators allow. Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed. Group and team sport, arts and recreation activities are suspended. Performance spaces are closed. 	<ul style="list-style-type: none"> Outdoor playgrounds and equipment can be used, where owner/operators allow. 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, provided that physical distancing between household bubbles can be maintained. Group and team sport, arts and recreation activities are suspended. Performance spaces are closed. 	<ul style="list-style-type: none"> Outdoor playgrounds and equipment can be used, where owner/operators allow. Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are permitted to open, in accordance with guidelines. Group and team sport, arts and recreation activities are permitted, in accordance with guidelines. Performance spaces can open with a maximum capacity of 100 people per auditorium or room. Physical distancing must be maintained. 	<ul style="list-style-type: none"> Consideration of lifting long-term public health measures will depend on evaluation of transmission patterns of COVID-19.
Health Care Services	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Consideration of lifting long-term public health measures will depend on evaluation of transmission patterns of COVID-19.

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Businesses and Services	<ul style="list-style-type: none"> • 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 service. These stores can offer online/telephone sales with delivery or curbside pick-up. • Personal service establishments, including spas, esthetic services, hair salons, body piercing, tattooing and tanning salons, are closed. • Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are permitted). • Bars and lounges are closed. • Cinemas and bingo halls are closed. 	<ul style="list-style-type: none"> • Child care services can operate at full capacity. • Retail stores, including those in shopping malls, can open at 50 per cent capacity. Physical distancing must be maintained. • Personal service establishments, including spas, esthetic services, hair salons, body piercing, tattooing and tanning salons, can open in accordance with guidelines. • Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are permitted). • Bars and lounges are closed. • Cinemas and bingo halls are closed. 	<ul style="list-style-type: none"> • Child care services can operate at full capacity. • Retail stores, including those in shopping malls, can open at reduced capacity. Physical distancing must be maintained. • Personal service establishments, including spas, esthetic services, hair salons, body piercing, tattooing and tanning salons, can open in accordance with guidelines. • 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. • Bars and lounges are closed. • Cinemas and bingo halls are closed. 	<ul style="list-style-type: none"> • Child care services can operate at full capacity. • Retail stores, including those in shopping malls, can open at reduced capacity. Physical distancing must be maintained. • Personal service establishments, including spas, esthetic services, hair salons, body piercing, tattooing and tanning salons, can open in accordance with guidelines. • 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. • Bars and lounges are permitted to open at 50 per cent capacity, in accordance with guidelines. • Cinemas are permitted to open with a maximum capacity of 100 people per room. Physical distancing must be maintained. • Bingo halls are permitted to open with a maximum capacity of 100 people. Physical distancing must be maintained. 	<ul style="list-style-type: none"> • Consideration of lifting long-term public health measures will depend on evaluation of transmission patterns of COVID-19.