

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 relax 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 the Next Alert Level

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

1. Spread of COVID-19
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"> • Current state with 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. • It will take at least 28 days to determine whether or not it is safe to move to Alert Level 3. 	<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. • 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 in and outside of the province. • Keeping a log of when you go out in public and your interactions with others. 				

	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 your immediate household bubble. If you have COVID-19 symptoms, contact 811. 	<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 can expand your household bubble to include one other household (effective April 30, 2020). If you have COVID-19 symptoms, contact 811. 	<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. In addition to the other household in your bubble, you can further expand your bubble beyond two households. Bubble guidelines will be released as this Alert Level approaches. If you have COVID-19 symptoms, contact 811. 	<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. If you have COVID-19 symptoms, contact 811. 	<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 of more than 5 people are prohibited. Funerals, wakes and visitations are prohibited. Burials and weddings are limited to no more than 5 people, including the officiant. 	<ul style="list-style-type: none"> Gatherings are expanded to 10 people as long as physical distancing can be maintained. Gatherings at funerals, burials and weddings are restricted to no more than 10 people. Visitations and wakes remain prohibited. 	<ul style="list-style-type: none"> Gatherings are expanded to 20 people as long as physical distancing can be maintained. Gatherings at funerals, burials and weddings are restricted to no more than 20 people. Visitations and wakes remain prohibited. 	<ul style="list-style-type: none"> Expansion on size of gatherings to be determined, including funerals and weddings. Places of worship are permitted to resume operations with restrictions. 	<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"> • Campsites in municipal and privately owned parks are closed. • Playground equipment in municipal parks are closed. • Gym and fitness facilities are closed, including yoga studios, tennis and squash facilities, and arenas. • Dance studios and performance spaces are closed. • Outdoor activities, including walking, hiking, or riding your bike, are encouraged as long as physical distancing can be maintained and you are not required to self-isolate for any reason. 	<ul style="list-style-type: none"> • Recreational angling and hunting are permitted. • Golf courses can open with restrictions in place. • Municipal parks are open. • Playground equipment in municipal parks is not to be used. • Campsites remain closed. • Gym and fitness facilities, yoga studios, tennis and squash facilities, arenas, dance studios and performance spaces remain closed. • Outdoor activities, including walking, hiking, or riding your bike, are encouraged as long as physical distancing can be maintained and you are not required to self-isolate for any reason. 	<ul style="list-style-type: none"> • Campsites are permitted to open for day use only, with restrictions on public spaces. • Summer day camps can operate, with restrictions. • Medium-risk outdoor recreational activities can resume (e.g., team field sports). Spectators must maintain physical distancing. • Outdoor pools can operate with a limited number of people. • Playground equipment in municipal parks is not to be used. • Gym and fitness facilities, yoga studios, tennis and squash facilities, arenas, dance studios and performance spaces remain closed. • Outdoor activities, including walking, hiking, or riding your bike, are encouraged as long as physical distancing can be maintained and you are not required to self-isolate for any reason. 	<ul style="list-style-type: none"> • Gyms and fitness facilities are permitted to open, with restrictions. • Arenas can open, with restrictions. • Indoor pools can open, however some restrictions may apply. • Campsites are permitted to offer overnight stays with some restrictions in place for public spaces. • Playgrounds equipment can be used. 	<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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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. All visitor restrictions in health care remain in place. Orders for long term care, personal care homes, and assisted living facilities are in place. Regional Health Authorities have postponed or cancelled some health care services. 	<ul style="list-style-type: none"> Regional health authorities will begin to allow some health care services to resume. Private health care clinics remain closed, except for urgent and emergent care, with virtual care options available for non-urgent care. All visitor restrictions in health care remain in place. Orders for long term care, personal care homes, and assisted living facilities remain in place. 	<ul style="list-style-type: none"> Private health care clinics can reopen in accordance with guidelines. Regional health authorities will continue to allow some health care services to resume. All visitor restrictions in health care remain in place. Orders for long term care, personal care homes, and assisted living facilities remain in place. 	<ul style="list-style-type: none"> Regional health authorities will continue to allow some health care services to resume. All visitor restrictions in health care remain in place. Orders for long term care, personal care homes, and assisted living facilities remain in place. 	<ul style="list-style-type: none"> Consideration of lifting long-term public health measures will depend on evaluation of transmission patterns of COVID-19.
Businesses and Services	<ul style="list-style-type: none"> Retail stores that do not provide services essential to life, health or personal safety of individuals and animals are closed to in-person service, but can offer online/telephone sales with delivery or curbside pick-up options. Retail stores that are permitted to remain open are not permitted to sell scratch or break open lotto tickets in store. Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are still permitted). Bars and lounges are closed. Cinemas are closed. Personal service establishments, including spas, esthetic services, hair salons, body piercing, tattooing and tanning salons, are closed. 	<ul style="list-style-type: none"> Expansion of some daycare operations. Professional services such as accounting firms, law firms, and financial services can offer in-person services. Work from home policies are encouraged, where possible. In-person worker and workplace safety training will be permitted (e.g. Standard First Aid, Basic Safety Training, food safety, etc.). Gardening centres can open for in-person sales and service. Landscaping and lawn care services can operate. Animal daycares can resume operations. Retail stores that do not offer essential services, bars and lounges, cinemas, and personal service establishments remain closed. Restaurants remain closed for in-person dining. 	<ul style="list-style-type: none"> Retail stores, including those in shopping malls, can open with restrictions. Retail stores are permitted to sell scratch and break open lotto tickets in store. Personal service establishments, including spas, esthetic services, hair salons, body piercing, tattooing and tanning salons, can open in accordance with guidelines. Animal grooming facilities can resume operations. Further expansion of daycare operations. Restaurants can re-open at reduced occupancy; buffets remain prohibited. Bars, lounges and cinemas remain closed. 	<ul style="list-style-type: none"> Bars and lounges are permitted to open with reduced occupancy. Indoor entertainment facilities can reopen with reduced occupancy (e.g. bingo halls, cinemas). Re-opening of performance spaces to be determined. 	<ul style="list-style-type: none"> Consideration of lifting long-term public health measures will depend on evaluation of transmission patterns of COVID-19.