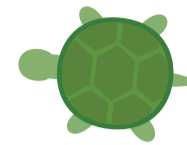


Taking care of each other, wherever we are.



Summer tips for being safe in the heat during COVID-19

social circle: is a small group of people that you are in close contact with.

Check your provincial/territorial guidelines for what is recommended in your area.



Remember the COVID-19 Safety Guidelines

- 1 **Pick one social circle** and stick with them.
- 2 **Stay 2 metres away** from people outside of your circle.
- 3 **Wash or sanitize** your hands often.
- 4 **Do not touch your face** with unwashed/un-sanitized hands.
- 5 **Wear a mask**, especially when indoors.
- 6 **Choose outdoor activities** when you can.
- 7 **If you have symptoms** (or have been in contact with someone who does) then stay home, isolate, and get tested.

Tips for being extra prepared for any outing!

Bring your own:

- snacks
- water
- sunscreen
- mask
- hand sanitizer

Pay attention to:

- physical distancing markers
- signs for one-way walking in any public area
- respect the maximum number of people allowed in a space

Low risk

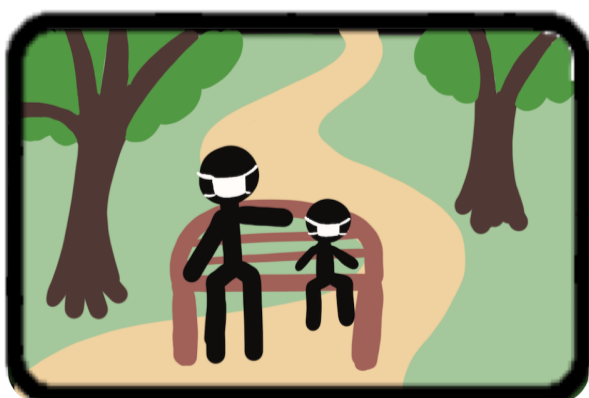


Getting out on the land & going camping

- Is it open?** Check Parks Canada, or your Province Parks agency, to see if local trails, camping sites, and public grounds are open.
- Least popular times & parks.** Try visiting less popular parks and trails. Go at off-peak times (morning or late afternoon).
- Be self-sufficient.** Pack extra hygiene products and bring lots of water and food.
- Communicate.** When on trails, let people know when passing them. This will help maintain good physical distancing.



Increased risk



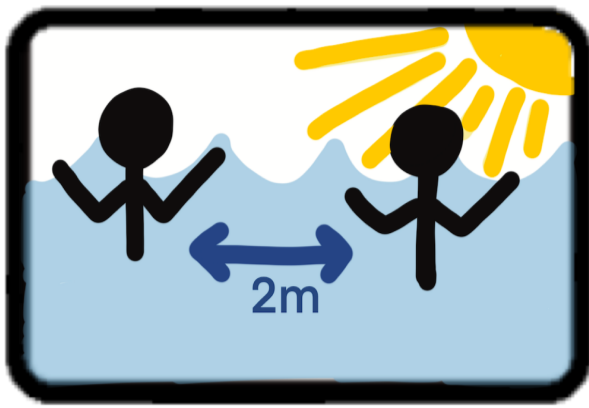
Visiting the park

- Visit a park close to home!** Less distance traveled is better.
- Find out if the park has open bathrooms, food stands, or other services you might want.** Bring what you need to be safe (hand sanitizer, masks).
- Help younger members** of your group follow the guidelines.
- Avoid crowded areas of the park.** Make sure your group/circle is 2 metres away from other groups.



Summer TIPS for Safely being in the Heat during COVID-19 (continued)

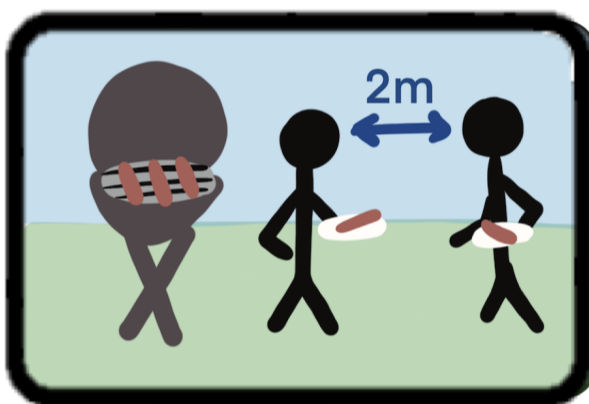
Lower risk



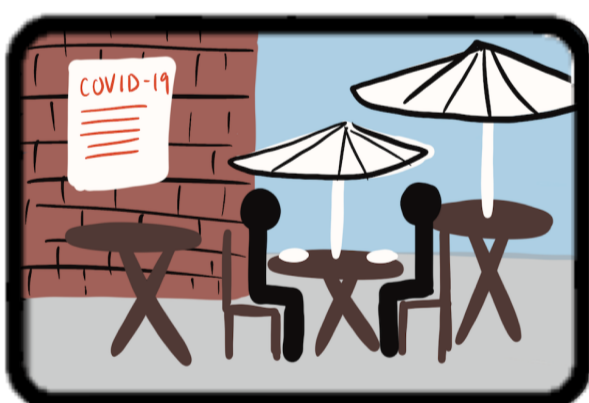
Going to a pool or water park



Staying cool indoors at the mall



Going to a BBQ



Eating or drinking on a patio

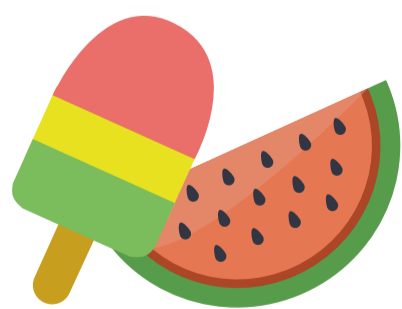
Higher risk

- Wait your turn** to use locker rooms, showers, and washrooms.
- Wear masks** in the lobby & locker rooms - but take them off when swimming!
- Even though chlorinated water is an effective disinfectant and COVID-19 cannot be spread through pool water, **it is still important to maintain 2 metres of space** while enjoying the water.
- Look for COVID-19 sign directions** (like which doors to enter & exit).
- Go at off-peak hours** to avoid crowds and waiting in the heat to get inside.
- Always wear a face mask** indoors and when you cannot keep 2 metres of physical distance.
- Wash or sanitize your hands** after touching common surfaces, like doors and handrails.
- Stay 2 metres away** from guests who are not a part of your circle.
- Wash your hands** before making, touching, or eating any food.
- Only eat off your own plate** and do not share cutlery.
- If weather conditions require people to crowd** inside or under shelter, postpone the BBQ for a nicer day.
- Use your judgement. **Is the patio safe for eating & drinking?**
 - All patios should be set-up to maintain strict physical distancing between groups of guests.
 - Restaurants are expected to clean potentially contaminated surfaces often.
 - Common areas (bathrooms, waiting areas) should have signs and markers to maintain physical distancing.
- If a patio space is too crowded** – choose to go somewhere else, or come back later when things are quieter.

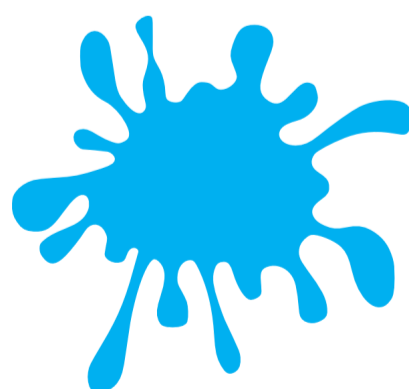
Other ideas to beat the heat (that respect COVID-19 guidelines)



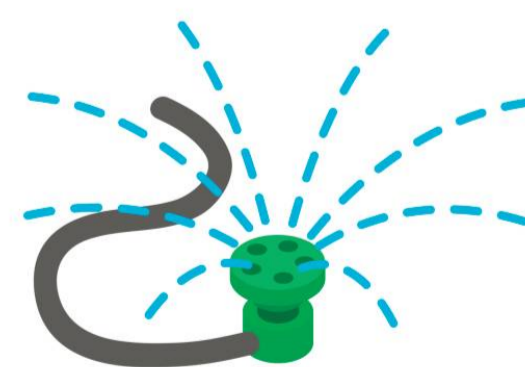
Take a cold shower.



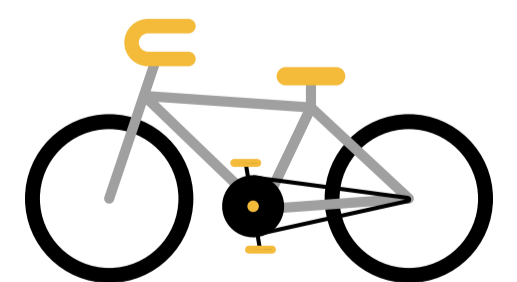
Have a cold treat or watermelon.



Have a water fight with your circle.



Run through a sprinkler.



Go for a bike ride.



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