

# What can I do during COVID-19?

Everyone fits into one of these three categories:

1. Self-monitoring
2. Self-isolating WITHOUT symptoms
3. Self-isolating WITH symptoms

		Self-monitoring	Self-Isolating WITHOUT symptoms	Self-isolating WITH symptoms
Where can I go?	Can I leave my home?	Allowed, but only leave when essential	Not allowed	Not allowed
	Can I go to work?	Allowed, but work from home if possible	Not allowed	Not allowed
	Can I take public transit, ride shares and taxis?	Allowed, but limit trips and ensure 2 metre physical distancing	Not allowed; only permitted to get to your place of self-isolation	Not allowed
	Can I get groceries and essential items?	Allowed, limit the number of trips to once every 1-2 weeks	Not allowed	Not allowed
	Can I go for a walk, bike ride or run outside?	Allowed, with house members only. Practice 2 metre physical distancing at all times and do not go to popular areas	Not allowed	Not allowed
	Can I go in my backyard, private property or balcony?	Allowed	Allowed, but ensure 2 metre physical distancing from public spaces (e.g. sidewalks) is maintained	Not allowed
	Can I go into any shared / public space for apartments or condos?	Allowed, practice 2 metre physical distancing	Not allowed	Not allowed
	Can I see a health care provider?	Allowed, call the health care provider first to ensure they are open	Call health care provider first to ensure they are open. When outside, ensure 2 metre physical distancing	Call health care provider or TBDHU first for instructions
Who can I see?	Can I have visitors in my home?	Allowed only for essential purposes	Not allowed	Not allowed
	Can I have contact with people at a higher risk for COVID-19?	Allowed only for essential purposes	Not allowed	Not allowed
What should I do to protect myself and others?	Should I practice personal hygiene, cough etiquette and environmental cleaning?	Always	Always	Always
	Should I practice 2 metre physical distancing?	At all times except with household members	At all times, including household members (can be in the same room)	At all times, including household members as much as possible (cannot be in the same room)
	Should I stay in a separate room / use separate bathroom from household members?	Not necessary	Not necessary, but ensure 2 metre physical distancing if in the same room	Always (if possible)
	Should I wear a face covering (mask)?	Not needed (some exceptions for people working with symptomatic or vulnerable populations)	Not needed (some exceptions for people caring for individuals with symptoms)	If 2 metre physical distancing cannot be maintained with household members
	What should my close contacts be doing?	Household members should also be self-monitoring for symptoms of COVID-19	Household members should be self-monitoring for symptoms of COVID-19	Household members should be self-isolating, even if they do not have symptoms
What do I do if I get symptoms?	What do I do if COVID-19 symptoms develop?	Start self-isolating at home immediately and household members go into self-isolation, even if they do not have symptoms	Not applicable.	