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!

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

Bring your own:
- snacks
- water
- sunscreen
- mask
- hand sanitizer

Low risk

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.

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.

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

### Lower risk

- **Going to a pool or water park**
  - **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.

- **Staying cool indoors at the mall**
  - **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.

- **Going to a BBQ**
  - **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.

- **Eating or drinking on a patio**
  - **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.

### Higher risk

### 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.**