## Newfoundland and Labrador COVID-19 Alert Level System

### ALERT LEVEL
<table>
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<th>LEVEL</th>
<th>YOUR RESPONSIBILITY</th>
<th>PUBLIC HEALTH MEASURES</th>
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| ALL   | • Follow Public Health Guidance for All Alert Levels.  
       • If you have COVID-19 symptoms, contact 811.  
       • 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. | • Visitor restrictions in health care are in place.  
• Orders in place for long term care, personal care homes, and assisted living facilities.  
• Non-urgent medical procedures and elective surgeries are postponed.  
• Retail stores that do not provide services essential to life, health or personal safety of individuals and animals are closed to in-person services. Sales of scratch or break open lotto tickets in store is prohibited.  
• Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are still permitted).  
• Bars, lounges and cinemas are closed.  
• Personal service establishments are closed. |
| 5     | • 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).  
• Gatherings at funerals, burials and weddings are expanded to 10 people with physical distancing.  
• Visitation and wakes remain prohibited.  
• 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.  
• Regional health authorities will begin to allow some health care services to resume.  
• 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 remain in place.  
• 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. |
| 4     | • 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.  
• Further expansion of two-household bubble to include six additional people.  
• Gatherings at funerals, burials and weddings are expanded to 20 people with physical distancing.  
• Visitation and wakes remain prohibited.  
• 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.  
• Regional health authorities will begin to allow some health care services to resume.  
• 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. | • Regional health authorities will continue to allow some health care services to resume.  
• Visitation in health care is expanded.  
• Orders for long term care, personal care homes, and assisted living facilities remain in place.  
• 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. |
| 3     | • 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.  
• Further expansion of two-household bubble to include six additional people.  
• Gatherings at funerals, burials and weddings are expanded to 20 people with physical distancing.  
• Visitation and wakes remain prohibited.  
• 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 are permitted to open for limited overnight camping, with restrictions.  
• Summer day camps can operate.  
• 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.  
• Large playgrounds in municipal parks must not be used.  
• Gym and fitness facilities, yoga studios, tennis and squash facilities, arenas, dance studios and performance spaces remain closed.  
• Regional health authorities will continue to allow some health care services to resume.  
• Visitor restrictions in health care remain in place.  
• Personal service establishments remain closed.  
• Overnight camping is permitted in all forms, including tenting.  
• Outdoor pools can open.  
• Gyms and fitness facilities are permitted to open with some restrictions.  
• Arenas can open.  | • Visitor restrictions in health care are in place.  
• Orders in place for long term care, personal care homes, and assisted living facilities.  
• Non-urgent medical procedures and elective surgeries are postponed.  
• Retail stores that do not provide services essential to life, health or personal safety of individuals and animals are closed to in-person services. Sales of scratch or break open lotto tickets in store is prohibited.  
• Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are still permitted).  
• Bars, lounges and cinemas are closed.  
• Personal service establishments are closed. |
| 2     | • 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.  
• Gatherings at funerals, burials and weddings are expanded to 50 people with physical distancing.  
• Wakes remain prohibited.  
• Outdoor gatherings of up to 50 people are permitted with physical distancing.  
• Places of worship are permitted to resume operations with some restrictions.  
• Gyms and fitness facilities are permitted to open with some restrictions.  
• Arenas can open.  
• Indoor pools can open.  | • Visitor restrictions in health care are in place.  
• Orders in place for long term care, personal care homes, and assisted living facilities.  
• Non-urgent medical procedures and elective surgeries are postponed.  
• Retail stores that do not provide services essential to life, health or personal safety of individuals and animals are closed to in-person services. Sales of scratch or break open lotto tickets in store is prohibited.  
• Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are still permitted).  
• Bars, lounges and cinemas are closed.  
• Personal service establishments are closed. |
| 1     | • Lifting long-term public health measures will depend on:  
• Evaluation of transmission patterns of COVID-19;  
• Availability of an effective vaccine and/or treatment; and  
• A strong public health system.  | • Visitor restrictions in health care are in place.  
• Orders in place for long term care, personal care homes, and assisted living facilities.  
• Non-urgent medical procedures and elective surgeries are postponed.  
• Retail stores that do not provide services essential to life, health or personal safety of individuals and animals are closed to in-person services. Sales of scratch or break open lotto tickets in store is prohibited.  
• Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are still permitted).  
• Bars, lounges and cinemas are closed.  
• Personal service establishments are closed. |