## Newfoundland and Labrador COVID-19 Alert Level System

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<th>ALERT LEVEL</th>
<th>YOUR RESPONSIBILITY</th>
<th>PUBLIC HEALTH MEASURES</th>
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| **ALL** | - Follow Public Health Guidance for All Levels.  
- If you have COVID-19 symptoms, use the online COVID-19 Assessment and Referral tool or call 811 if you do not have internet access.  
- Outdoor activities, including walking, hiking, or snowshoeing, are encouraged as long as physical distancing can be maintained between household bubbles and you are not required to self-isolate for any reason. | - Visitor restrictions for acute care, long term care, personal care homes, community care homes, and assisted living facilities are in accordance with the Guidelines for Support Persons/Designated Visitors.  
- Child care services can operate at 50 per cent capacity.  
- Retail stores that do not provide services essential to life, health or personal safety of individuals and animals are closed to in-person services.  
- Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are permitted).  
- Bars, lounges, bingo halls 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.  
- Work from home, where possible.  
- You must stay within your household bubble whenever you are not at work or school. You can expand your bubble by a small amount to connect with immediate family where necessary, bring in caregivers, or support isolated people.  
- Gatherings at funerals, burials, weddings, religious and cultural ceremonies are limited to no more than 10 people, including the officiant. Physical distancing must be maintained.  
- Informal gatherings are limited to only those in your bubble.  
- Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed.  
- Performance spaces are closed.  
- Group and team sport, arts and recreation activities are suspended.  
- 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. | - Visitor restrictions for acute care, long term care, personal care homes, community care homes, and assisted living facilities are in accordance with the Guidelines for Support Persons/Designated Visitors.  
- Child care services are expanded to full capacity.  
- Retail stores, including those in shopping malls, can open at 50 per cent capacity.  
- Personal service establishments can open in accordance with guidelines.  
- Bars, lounges, bingo halls and cinemas are closed.  
- Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are permitted). |
| **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.  
- Your household can interact with up to 10 close, consistent contacts from outside your household bubble (Tight 10).  
- Gatherings at funerals, burials, weddings, religious and cultural ceremonies are limited to no more than 10 people, including the officiant. Physical distancing must be maintained.  
- Public visitations are permitted, with one household bubble visiting at a time. Wakes are prohibited.  
- Informal gatherings are limited to only those in your Tight 10.  
- Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed.  
- Performance spaces are closed.  
- Group and team sport, arts and recreation activities are suspended.  
- Regional health authorities will begin to allow some health care services to resume.  
- Private health care clinics can open in accordance with guidelines. | - Visitor restrictions for acute care, long term care, personal care homes, community care homes, and assisted living facilities are in accordance with the Guidelines for Support Persons/Designated Visitors.  
- Child care services are expanded to full capacity.  
- Retail stores, including those in shopping malls, can open at reduced capacity. Physical distancing must be maintained.  
- Personal service establishments can open in accordance with guidelines.  
- Bars, lounges, bingo halls and cinemas are closed.  
- Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are permitted). |
| **3** | - Stay at home as much as possible.  
- 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.  
- Your household can interact with up to 10 close, consistent contacts from outside your household bubble (Tight 10).  
- Gatherings at funerals, burials, weddings, religious and cultural ceremonies are limited to no more than 20 people, including the officiant. Physical distancing must be maintained.  
- Public visitations are permitted, with one household bubble visiting at a time. Wakes are prohibited.  
- Informal gatherings are limited to only those in your Tight 10.  
- Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed.  
- Performance spaces are closed.  
- Group and team sport, arts and recreation activities are suspended.  
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- Regional health authorities will begin to allow some health care services to resume.  
- Private health care clinics can open in accordance with guidelines.  
- Child care services can operate at 50 per cent capacity.  
- Retail stores, including those in shopping malls, can open at 50 per cent capacity.  
- Child care services are expanded to full capacity.  
- Personal service establishments can open in accordance with guidelines.  
- Bars, lounges, bingo halls and cinemas are closed.  
- Restaurants can open at 50 per cent capacity as long as physical distancing can be maintained between patrons seated at adjacent tables. Buffets are prohibited.  
- Bars, lounges, bingo halls and cinemas 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.  
- The size of your household bubble will be determined based on current situation.  
- Gatherings at funerals, burials, weddings, religious and cultural ceremonies are permitted. Size will be based on the current situation and evidence.  
- Public visitations are permitted, with one household bubble visiting at a time. Wakes are prohibited.  
- Informal gatherings limits will be based on the current situation and evidence.  
- Gym and fitness facilities, yoga studios, swimming pools, tennis and squash facilities, arenas, and dance studios are closed.  
- Performance spaces can open with reduced occupancy.  
- Group and team sport, arts and recreation activities restrictions are permitted. Restrictions will be based on the current situation and evidence. | - Private health care clinics can open in accordance with guidelines.  
- Visitor restrictions for acute care, long term care, personal care homes, community care homes, and assisted living facilities are in accordance with the Guidelines for Support Persons/Designated Visitors.  
- Child care services are expanded to full capacity.  
- Retail stores, including those in shopping malls, can open at reduced capacity. Physical distancing must be maintained.  
- Personal service establishments can open in accordance with guidelines.  
- Restaurants can open at reduced capacity as long as physical distancing can be maintained between patrons seated at adjacent tables. Buffets are prohibited.  
- Bars, lounges, bingo halls and cinemas are permitted to open with reduced occupancy. |
| **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. | |