

# What You Need to Know to Stay Safe

As Ontario works towards recovery, acting responsibly and respectfully towards each other will help keep family, friends, colleagues and neighbours safe.

## Everyone can make Stage 3 a success by:

	Maintaining physical distancing of at least two metres from people outside of your household or social circle		Wearing a face covering in indoor and outdoor public spaces where physical distancing is a challenge
	Washing your hands frequently with soap and water		Using an alcohol-based hand sanitizer if soap and water are not available
	Practising good hygiene (covering a cough and sneeze and avoiding touching your face)		Cleaning frequently touched surfaces more often
	Limiting indoor gatherings to a maximum of 50 people, or less, to maintain physical distancing		Limiting outdoor gatherings to a maximum of 100 people, or less, to maintain physical distancing
	Staying at home and away from others if you are feeling ill or have symptoms of COVID-19		Downloading the COVID Alert app, when launched, to be notified if you have been in contact with anyone with COVID-19
	Working from home or remotely as much as possible		Minimizing travel and self-isolating for 14 days after all international travel
	Protecting the most vulnerable by following public health advice		Getting tested if you are worried you have or have been in contact with someone who has COVID-19

Based on community needs, some municipalities and local medical officers of health have exercised their authority for more restrictions or requirements, such as mandatory face coverings in commercial establishments or all indoor public spaces. [Be sure to check your local public health unit's or municipality's website.](#)