

# COVID-19 Response Framework: *Keeping Ontario Safe and Open*

## *Keeping our community informed.*

The **Province of Ontario's COVID-19 Response Framework: Keeping Ontario Safe and Open** provides regional health measures within assigned colour-coded categories to keep Ontario safe. The Ontario Ministry of Health reviews the framework weekly and it can be adjusted, tightened or loosened accordingly depending on local COVID-19 trends and case counts.



### Restrictions reflect broadest allowance of activities in Stage 3. Highest risk settings remain closed.

**Events & Gatherings:** Capacity includes 10 indoors and 25 outdoors for private functions, and 50 indoors and 100 outdoors for public functions.

**Food & Drink Establishments:** Seated 2 metres apart or with a barrier, contact tracing and masks required.

**Sports & Recreational Facilities:** Capacity includes 50 indoors/room or 100 outdoors, 50 spectators indoors and 100 outdoors; face coverings required, no physical contact.

**Meeting & Event Spaces:** Capacity includes 50 people indoors and 100 people outdoors maximum.

**Not Permitted:** Buffet-style food service, overnight camps, steam rooms and saunas, amusement parks and waterparks, night clubs, dancing and table games (cards, etc.).



### Enhanced targeted enforcement, fines and enhanced education to limit further transmission.

**Events & Gatherings:** Same as *Prevent (green)*.

**Food & Drink Establishments:** Same as *Prevent (green)*, plus a limit of 6 people/table, must close from 12 a.m. to 5 a.m., liquor served only from 9 a.m. to 11 p.m., no liquor consumption between 12 a.m. to 9 a.m.

**Sports & Recreational Facilities:** Capacity reduces to 10 indoors/room or 25 outdoors, 50 spectators indoors and 100 outdoors; face coverings, reservations and contact tracing required and no physical contact for team sports.

**Meeting & Event Spaces:** Same as *Prevent (green)*, plus a limit of 6 people/room and safety plan required.

**Not Permitted:** Same restrictions as *Prevent (green)*.



### Enhanced measures, restrictions and enforcement, avoiding any closures.

**Events & Gatherings:** Same as *Prevent (green)*.

**Food & Drink Establishments:** Same as *Protect (yellow)*, plus limit of 50 people with only 4 people/table, must close from 10 p.m. to 5 a.m., liquor only sold from 9 a.m. to 9 p.m., no liquor consumption from 10 p.m. to 9 a.m.

**Sports & Recreational Facilities:** Same as *Protect (yellow)*, but no spectators and maximum 90 minutes in the facility.

**Meeting & Event Spaces:** Capacity includes 50 people indoors/facility with a maximum limit of 4 people/room, closed from 10 p.m. to 5 a.m. and safety plan required.

**Not Permitted:** Same restrictions as *Prevent (green)*.



### Broader-scale measures and restrictions across multiple sectors to control transmission.

**Events & Gatherings:** Limit all to 5 indoors, 25 outdoors.

**Food & Drink Establishments:** Same as *Restrict (orange)*, but limit of 10 people with only 4 people/table, safety plan required, no dancing, singing or live music.

**Sports & Recreational Facilities:** Same as *Restrict (orange)*, but no team sport practicing or activities that are likely to result in coming within 2 metres of others.

**Meeting & Event Spaces:** Same as *Restrict (orange)*, but limit to only 10 people indoors/facility.

**Not Permitted:** Same restrictions as *Prevent (green)*, plus cinemas, live music and performing arts.



### Widescale measures and restrictions, including closures, to halt or interrupt transmission.

**Events & Gatherings:** No indoor public or private gatherings, 10 people outdoors with physical distancing.

**Food & Drink Establishments:** No indoor or outdoor service, except take-out, drive-thru and delivery.

**Sports & Recreational Facilities:** All indoor sport and fitness facilities closed, outdoor amenities and multi-purpose facilities open for permitted activities with restrictions.

**Meeting & Event Spaces:** All closed, except court services, government and some social services; 10 people maximum.

**Not Permitted:** Same restrictions as *Control (red)*, plus casinos, in-person retail shopping (curbside pick-up and delivery allowed) with some exceptions of essential stores limited to 50% capacity.

This is a summary of the **COVID-19 Response Framework: Keeping Ontario Safe and Open** and does not include all the restrictions for each stage. Visit [covid-19.ontario.ca](https://covid-19.ontario.ca) for full details.



Scan to visit the HKPR dashboard of local cases. [www.hkpr.on.ca](https://www.hkpr.on.ca)

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# Protect Yourself and Others



## Physical Distancing

Everyone should practice physical distancing to reduce their exposure to other people — this means you should:

- Stay home as much as possible.
- Stay at least 2 metres away from anyone you do not live with.



## Personal Care and Hygiene

Take these everyday steps to reduce exposure to the virus and protect your health:

- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with people who are sick.
- Stay home and self-isolate if you are sick.



## Wear a Mask

You must use a non-medical mask or face covering in public indoor spaces and when distancing is not possible, with some exceptions.

- Wash or dispose of your mask if it gets slightly wet or dirty.
- Make sure your face covering fits well around your nose and mouth.



The best way to stop the spread of COVID-19 is by staying home and avoiding close contact with others outside of your household.

## What to do if you have symptoms?

- Stay home and self-isolate.
- Take the Government of Ontario's online self-assessment at [covid-19.ontario.ca/self-assessment](https://www.covid-19.ontario.ca/self-assessment)
- For further guidance, call the HKPR District Health Unit at 1-866-888-4577 x 5020 or email [covid19@hkpr.on.ca](mailto:covid19@hkpr.on.ca)
- Book an appointment at a COVID-19 testing centre.
- **Call 911 if it is an emergency.**

Read the complete **COVID-19 Response Framework: Keeping Ontario Safe and Open** → [covid-19.ontario.ca](https://www.covid-19.ontario.ca)



Download the **COVID-19 Alert app**  
[www.covid-19.ontario.ca/covidalert](https://www.covid-19.ontario.ca/covidalert)



## Get Tested for COVID-19

### NHH COVID-19 Assessment Centre

Northumberland Hills Hospital, 1000 DePalma Drive, Cobourg  
Open daily from 8 a.m. to 4 p.m.  
By appointment only. Call 905-377-7783

### Trent Hills COVID-19 Testing Centre

Campbellford Memorial Hospital, 146 Oliver Road, Campbellford  
Open Monday to Thursday, 9 a.m. to 5 p.m.  
By appointment only. Call 705-395-1801

### Canton COVID-19 Testing Centre

Port Hope Community Hub, 5325 County Road 10  
Open Monday, Wednesday, Thursday and Friday, 8 a.m. to 4 p.m.  
By appointment only. Call 905-377-7783



COVID-19 testing is also available through the Emergency Departments, on an **emergency** basis.  
**Do not wait to seek medical attention, if needed.**

### Get tested if you:

- Have COVID-19 symptoms.
- Have been exposed to a confirmed case of the virus.
- Have been involved in an outbreak setting.
- Have had a health care provider tell you to be tested.
- Are eligible for testing as part of a targeted Ministry of Health testing initiative.
- Live or work in a setting considered at-risk, such as a long-term care home or community shelter.
- Will be visiting a long-term care home.



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