

COVID-19 Public Health Guidelines: Spring Celebrations

This document provides public health guidance for celebrating spring holidays this year. Please consider ways to celebrate that reduce the spread of COVID-19, and help keep your friends, families, and communities healthy and safe.

COVID-19 transmission

COVID-19 is spread mainly from person-to-person through the respiratory droplets of someone infected with COVID-19. The respiratory droplets can travel up to two metres (six feet) through coughing, sneezing or talking. COVID-19 can also be transmitted when a person touches a surface or object that has the virus on it and then touches their mouth, nose or eyes. It is possible that you can still transmit the virus even after receiving your COVID-19 vaccine, so those that have been vaccinated must continue to follow public health measures.

Safe ways to celebrate

- Celebrate in-person with members of your immediate household only. Those who live alone may join one designated household.
- Organize virtual holiday celebrations with those outside of your immediate household.
- Plan outdoor activities like biking or hiking with members of your immediate household. Keep a physical distance of at least two metres (six feet) from those outside of your household. Wear a mask if physical distancing is not possible, even when outdoors.
- Mail greeting cards or send flowers to family and friends.
- Attend faith-based events without gathering in-person (for example, online or by telephone or video conference/recordings).

Continue to follow public health guidance

- Avoid all social gatherings (such as dinner parties and holiday parties).
- Stay home except for essential purposes (such as going to work or school, buying essentials such as groceries, and attending medical appointments).
- Maintain a physical distance of at least two metres (six feet) from people outside your household at all times.
- Wear a mask indoors and outdoors when a physical distance of at least two metres (six feet) cannot be maintained.
- Clean your hands frequently for at least 15 seconds with soap and water or alcohol-based (60-90% alcohol) hand rub.
- Avoid touching your eyes, mouth and nose.
- Cover coughs and sneezes with a tissue or sleeve.
- If you have [symptoms of COVID-19](#), stay home, self-isolate, and get tested.
- Avoid travelling from areas of high transmission to areas with lower transmission of COVID-19.
- [Travellers entering Canada](#) must follow the rules set out by the [Emergency Orders](#) under the [Quarantine Act](#). This includes mandatory quarantine or isolation for 14 days.
- Social gatherings are strongly discouraged. Attending events or gatherings increases your risk of getting and spreading COVID-19. If you choose to attend an in-person holiday event, the following requirements must be met:
 - Limit private gatherings to no more than five people indoors and 25 people outdoors. These limits cannot be combined.

- Hold gatherings outdoors where possible, while maintaining a physical distance of at least two metres (six feet) between others outside of your household.
- Keep the volume of music to conversation level to avoid guests having to shout or speak loudly to be heard.
- Encourage guests to bring their own food and drinks for themselves and members of their own household.

Additional resources

For more tips on gathering safely, refer to the following document.

- [COVID-19 Public Health Guidelines: Events and Gatherings](#)
- [COVID-19 Public Health Guidance for Places of Worship](#)
- [COVID-19 Public Health Guideline: Outdoor Recreational Spaces](#)