

Going Out Safely

The Ontario Ministry of Children, Community, and Social Services (MCCSS) has provided guidelines about going out safely in your community. These guidelines are for people who live in community living settings where multiple people live and receive services. This guide will help you learn what guidelines have been created and how Christian Horizons can help you to follow them.

A guide for going out









Connecting with people in our communities is an important part of our lives. We celebrate with you that it is becoming safer to spend time in the community.

You may feel ready to go out with family and friends, go back to school, shop, eat out, get your haircut, or go to appointments. These are all things we can do in our communities now.

However, COVID-19 has not gone away. It is important that we still take steps to keep us and others safe when we are in the community. This guide helps you to follow the rules the government has asked people using their services to take.

What has the
Ontario
government
asked you
to do?

Ontario 

-  People should wear a mask when they go out and only take it off to eat or drink, putting it back on as soon as they are done.
-  When people return home after going out, they will be screened for signs and symptoms of COVID-19. People who show signs of COVID-19 will self-isolate at home and can seek testing.
-  People should use hand sanitizer before and after leaving their home. It is important to use hand sanitizer when entering and leaving other buildings in the community or after touching a surface other people may have touched.
-  When in the community, people should wear face masks when indoors or when they might come within 2 metres of people outdoors.
-  Where possible, people should avoid crowded indoor places.
-  People should also maintain a 2 metres distance from other people both indoors and outdoors.

More info on requirements can be found **at these links:**

MCCSS Re-Opening of Congregate Living Settings: Short-Stay Absences and Outings and Essential Overnight Absences

<http://www.children.gov.on.ca/docs/MCCSS-Re-Opening-Short-Stay-Overnight-Stays-EN.pdf>

Government of Canada Resource: Going out Safely During COVID-19

<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/covid-19-going-out-safely/2020-07-31-risk-assessment-en.pdf>

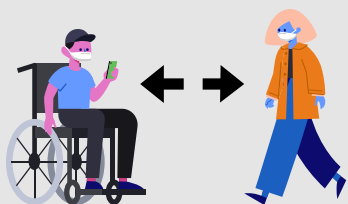
What can Christian Horizons help you with?



We want to make this process as clear and simple as possible for everyone. Here is what we are doing to help you in this process:

- ✓ We'll help explain these guidelines and the things you can do to stay healthy and well.
- ✓ If you are going out with an employee of Christian Horizons, they will help you remember to keep a safe distance from others, to wear a mask, and to clean your hands.
- ✓ We'll ask you questions about COVID-19 symptoms when you return.
- ✓ We'll support you to self-isolate and get tested if you show signs of COVID-19.
- ✓ We'll help you to keep track of where you go and who you are with in case you come in contact with someone who has COVID-19 and need to monitor for symptoms.

What can your friends or family help you with?



Hey family and friends,

If you are going out with a person who uses Christian Horizons services, below are some ways you can help them to follow MCCSS guidelines and stay safe while out in their community. Remind people to:

- ✓ make choices about which places they will go depending on the level of risk associated with each location, keeping in mind their health factors.
- ✓ think about how easy or hard it might be to follow the precautions. This may help them decide which places are safe and not safe to go.
- ✓ keep 6ft apart from others, to wear a mask, and use hand sanitizer after touching surfaces other people may have touched.
- ✓ track who they have been in contact with and where they have gone in case they start to feel sick and need to let others know. They can do this by completing the ["Where I've Been" Tool](#) on our Coronavirus webpage.
- ✓ keep the vehicle they will be traveling in sanitized by using sanitizer to clean surfaces other people may have touched before they get in.