

Tips for having
**COURAGEOUS
CONVERSATIONS**

about **COVID-19** so we can all
help prevent transmission in
our communities

COVID-19 transmission in our communities is a concern and with new variants, it's more important than ever for us to continue to follow public health guidelines.

Know the rules, follow them, share them

- Outdoor gatherings with the **same trusted ten people** are allowed.
- Wear a mask in inside public places.
- Practice physical distancing.
- Avoid non-essential travel.
- Stay home if you are sick.
- Get tested, even with mild symptoms.

Clearly communicate your boundaries

- Be a role model. Hearing you share your boundaries may make it easier for others to be brave about theirs.
- Use positive, non-judgemental language as much as you can — this is a stressful time and everyone's situation is different.
- Remove yourself from situations where you don't feel safe because people aren't following public health guidelines. Everyone has the right to feel safe.

SOME HANDY PHRASES YOU MAY FIND HELPFUL

FOR SOCIALIZING

"I'm being careful about my exposure so I am not socializing indoors with anyone outside of my household."

"Do you have a virtual option for me to connect with you?"

"I'm looking forward to seeing you soon — if we're part of the same group of ten, we can socialize outside now."

FOR TRAVEL

"What a great travel idea! Let's put that on our post-pandemic to-do list."

"I really miss travelling too, but let's wait until things are safer and the COVID-19 public health measures include travel again. I don't want to bring the virus home to my family and friends."

FOR MASKS AND PHYSICAL DISTANCING

"Oops, I think we got a bit too close together. Let's back up so we can stay safe."

"I hate it when I forget my mask too, I think I have a spare disposable one you can have."

"I'm using a mask as one of my layers of protection — can you wear one too please, so that we're both safer?"

