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## Easy Online Tool Provides Expert Advice on COVID-19 Risk When Gathering with Others

**TORONTO, June 25, 2021** — As Canada takes steps to safely reopen, a new online tool can help individuals and families to quickly assess their risk of exposure to COVID-19 when meeting or gathering with others. This new tool, created by the National Institute on Ageing (NIA) in collaboration with leading public health and infectious disease experts, was funded in part by the Government of Canada.

This free online risk calculator, called [My COVID-19 Visit Risk Calculator](#), takes approximately three minutes to complete. Through a short series of questions, it provides users with information about their potential risk of exposure to COVID-19 when visiting or meeting with others. In addition to guidance provided by public health officials, this information can be used to help Canadians make safer choices when gathering with others for the duration of the pandemic.

"This tool uses the best available scientific evidence to support people of all ages and states of health to make more informed decisions about gathering with others during the pandemic," says Dr. Samir Sinha, NIA Director of Health Policy Research. "After working through the questions, people are assigned a risk level in accordance with the gathering they are considering, along with public health advice on how to meet more safely with others."

"The Government of Canada is pleased to support the National Institute on Ageing's COVID-19 Visit Risk Calculator, which provides Canadians with an additional tool to evaluate their individual risk of COVID-19 and make informed decisions to protect their health and the health of others," said the Honourable Patty Hajdu, Minister of Health.

Vaccination programs against COVID-19 are well underway. However, COVID-19 remains an important public health issue, as transmission of new COVID-19 variants of concern continues and the risk of exposure remains high for many. Vigilance and careful assessment before deciding to visit, gather, or meet with others remains critical.

As provinces and territories reduce restrictions, public health guidelines may vary in different communities across the country. In addition to local and regional public health guidelines, [COVIDVisitRisk.com](https://www.covidvisitrisk.com) can support individuals to make informed decisions about whether or not to gather and how to do so as safely as possible.

"Throughout the pandemic, people across Canada have been trying their best to understand how to safely visit and gather with others when allowed to do so," says Michael Nicin, Executive Director at the NIA. "As more of us are vaccinated, NIA researchers have been proud to receive

support from the Public Health Agency of Canada to help develop and promote new tools to help people of all ages and states of health understand how to minimize their risks when getting together.”

In addition to the online risk calculator, a comprehensive decision aid is also available on [COVIDVisitRisk.com](https://www.covidvisitrisk.com), which provides a more detailed assessment of potential COVID-19 exposure risks. By accessing these tools, Canadians can make the best possible decisions for themselves and their families about how to lower their risk of getting COVID-19, while also contributing to the safety of all.

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*The [National Institute on Ageing](https://www.nia.on.ca) is a Ryerson University think tank focused on the realities of Canada’s ageing population. Follow us on Twitter [@RyersonNIA](https://twitter.com/RyersonNIA) & [@NSS\\_Now](https://twitter.com/NSS_Now).*

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