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NEWS RELEASE

## Online COVID-19 Risk Calculator Can Help Canadians Stay Safe While Getting Together with Family & Friends This Holiday Season

**TORONTO, December 1, 2021** — With the holiday season fast approaching, many Canadians will be gathering to celebrate in person with family and friends. [My COVID-19 Visit Risk Calculator](#), a free online tool, can help individuals and families quickly assess their risk of exposure to COVID-19 during visits, parties and meetings—in only three minutes. The 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.

While public health restrictions are less stringent this year, family transmission of COVID-19 remains a real risk. The online assessment, available at [COVIDVisitRisk.com](#), has helped nearly 250,000 Canadians make the best possible decisions for themselves and their families about how to lower their risk of contracting COVID-19 when gathering with others. After completing a short series of questions, users are provided with information about their potential risk of exposure to COVID-19 and current public health guidance to visit as safely as possible.

“Many Canadians were unable to gather in person over the holidays last year,” says NIA Executive Director, Michael Nicin. “Many of us are looking forward to spending time with our loved ones in the weeks ahead. [COVIDVisitRisk.com](#), which uses the best available scientific evidence to assign an individual risk level to a gathering, can support Canadians to meet with care and to take the necessary precautions to help keep those they love healthy.”

With 78% of Canada’s population having received at least one COVID-19 vaccine—and immunization on the horizon for children ages 5-12—we continue to make strides in stemming the spread of the virus. In addition to vaccination, however, vigilance and careful consideration remain critical when visiting, gathering, or meeting with others.

In addition to local and regional public health guidelines, [COVIDVisitRisk.com](#) is an important tool and resource that Canadian can use to make informed decisions about whether or not to gather and how to do so as safely as possible.

“Today, 89% of Canadians who are 12 years of age and older have received at least one dose of a COVID-19 vaccine,” says Dr. Samir Sinha, NIA Director of Health Policy Research. “This should be a real source of pride for us all and a call to continue to act responsibly to reduce the spread of COVID-19, including the highly transmissible Delta variant. To date, more than 240,000 individuals and families have used [COVIDVisitRisk.com](https://www.covidvisitrisk.com) to better understand the risks they face at different kinds of get-togethers and it can continue to guide Canadians this holiday season.”

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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### ***About The National Institute on Ageing***

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) and support our call for a National Seniors Strategy [@NSS Now](https://www.nssnow.ca/).

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