As the province reopens, you may have questions about the risk of spreading COVID-19 through common activities. Evidence regarding the act of singing and COVID-19 transmission is emerging. Early evidence has indicated that singing may be a higher risk activity as it may generate and propel respiratory droplets. Several studies have described COVID-19 transmission during singing, however, it is possible that other methods of transmission such as direct contact or shared surfaces were involved. Currently, there is no evidence to determine exactly what a safe distance would be between singers and others, but greater distances between people and increased size of space can reduce risk.

If you are playing an instrument, consider any potential risk of spreading the virus through saliva or respiratory droplets. This may be a particularly risk for musicians playing woodwind or brass instruments which involve forceful projections of air or percussion instruments through exertion. Ensure that you are the only person handling the instrument you will be playing.

Given this risk, public health recommends:

- Follow provincial mandates on gathering in groups. Limit the number of people in your group according to the most current Emergency Order limit declared.
- Follow sector-specific guidelines.
- Use online platforms for practices and performances.
- Consider a soloist or instrumental music for live performances.

Additional precautions:
• Keep singers and band members completely separate from the audience and each other by livestreaming individuals performing separately.

• Limit the number of people performing in the same place.

• Have people performing facing away from others or create separation using a barrier such as Plexiglas. Wear a mask when physical distancing may not be possible.

**Take everyday steps to reduce exposure to COVID-19**

These key principles should be maintained during any activity.

• Wash your hands often with soap and water or alcohol-based hand sanitizer.
• Sneeze and cough into your sleeve.
• Avoid touching your eyes, nose or mouth.
• Wear a mask when physical distancing may be difficult.
• Avoid contact with people who are sick.
• Stay home if you are unwell, have symptoms of COVID-19, or have been in close contact with someone who is unwell.

**Resources**

*When and How to Wear a Mask* – Public Health Ontario

*Non-Medical Masks and Face Coverings* – Public Health Ontario

*Singing Restrictions* – Government of Alberta

*COVID-19 Transmission Risks from Singing and Playing Wind Instruments – What we Know So Far* – Public Health Ontario