

Workplace and Office Holiday Parties

It is strongly recommended that workplaces do not have in-person workplace holiday gatherings or events, particularly if masks or face coverings must be removed to eat or drink.

Virtual gatherings or events are the safest way to celebrate the holidays with coworkers.

These types of celebrations are considered high risk, especially when physical distancing of 2 metres cannot be maintained between everyone attending.


Across the province, trends show that many confirmed COVID-19 cases are linked to informal work gatherings and other social gatherings. If you are choosing to participate in any celebrations, consider the risks involved.

Ideas for your virtual party:

- Include a virtual gift exchange
- Ugly holiday sweater contest
- Holiday mask decorating competition
- Host a catered lunch, or meal delivery if working from home
- Incorporate a mix of educational teaching, team building activities and holiday-themed games to keep it interactive online
- Host a charity drive or volunteer at local organizations (make sure to follow public health measures)

If you choose to host or attend a workplace gathering:

- Everyone should complete the [COVID-19 Self-Assessment](#) prior to attending
- Stay home if you have symptoms, even if they are mild. Self-isolate and call your local COVID-19 Assessment Centre.
- Maintain physical distance of at least 2 metres, whether the gathering is indoor or outdoors.
- Gatherings should be kept as small as possible and use outdoor spaces when permitted.
- Set up your space to allow for physical distancing, such as arranging seating in advance to appropriately space household groups.

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- Follow provincial gathering guidelines, and only attend activities where the space is large enough to accommodate physical distancing.
 - Wear a mask indoors and outdoors if you are unable to maintain physical distance, or if you are in an unpredictable situation.
 - Face masks are required in indoor public spaces.
 - Avoid singing or shouting.
 - If you are exchanging gifts with people outside your household, maintain physical distance and wash your hands after handling or opening gifts. Meet outdoors if possible. Wear a face covering if physical distancing cannot be maintained and when required.
 - If you are over the age of 70, are immunocompromised or have an underlying medical condition, consider participating virtually, or not attending the gathering because of the increased risk of serious illness from COVID-19.