Understand risk during the COVID-19 pandemic, and make good choices to protect your health and your family.

Important: This chart assumes individuals are wearing a face mask and maintaining 6 feet physical distance from others (outside of your household) during these activities.

LOW-MODERATE
- Participating in any outdoor activity by yourself
- Getting restaurant takeout
- Pumping gasoline
- Playing singles tennis
- Camping with people from your household

MODERATE
- Going for a walk, run, or bike ride with others
- Playing golf by yourself or with people from your household
- Grocery shopping
- Spending an hour at a playground
- Attending a backyard barbecue
- Walking in a busy downtown
- Eating outside at a restaurant with someone from your household
- Handling the mail/packages
- Swimming in a public pool; going to a beach
- Working a week in an office building
- Having dinner at someone else's house
- Going to a library or museum
- Sitting in a doctor's waiting room
- Playing basketball or football
- Eating inside at a restaurant
- Shopping at a mall
- Eating at a buffet
- Working out at a gym
- Going to an amusement park
- Going to a movie theater
- Hugging or shaking hands when greeting a friend
- Attending a wedding or funeral
- Going to a hair salon or barbershop
- Visiting an elderly relative or friend in their home
- Traveling by plane
- Attending a large music concert
- Going to a sports stadium
- Attending a religious service with 100+ worshipers
- Going to a bar

MODERATE-HIGH

HIGH-RISK