



Avoiding COVID-19

Weighing activity risks

We are all living through a tough time. No one wants to get COVID-19, but it's hard to stay at home all day, every day.

So how can you decide what's **risky** and what's **safe enough**? That's a **choice** that each person has to make. Here are some basic things to keep in mind about the **risk of infection**. When you're not at home:

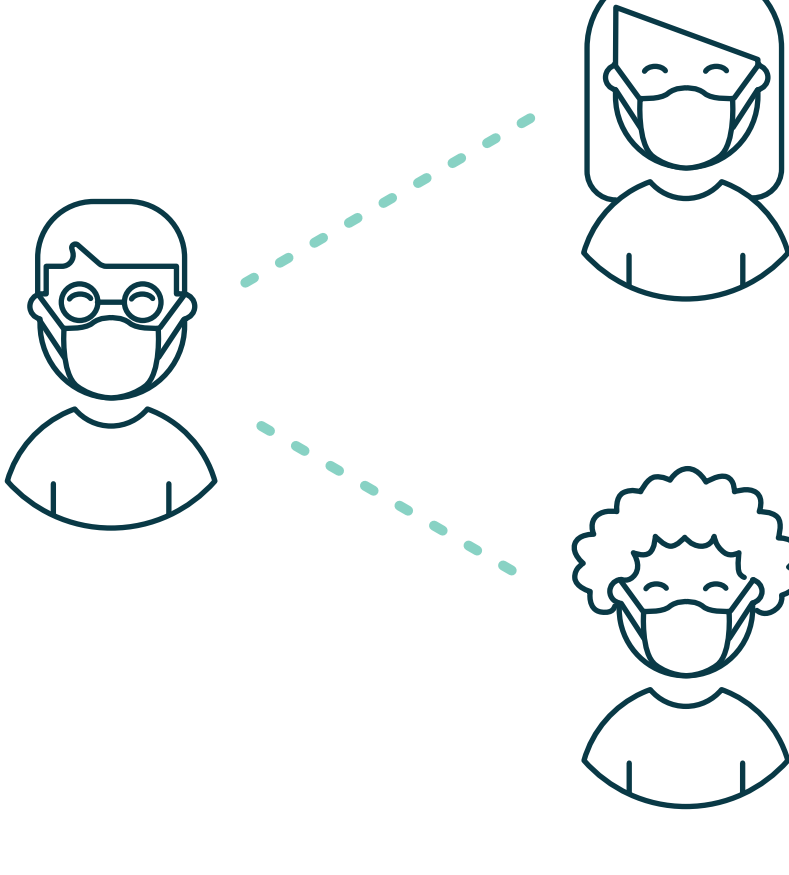
1 **Outside** is safer than **inside**.



2 **Large, well-ventilated indoor spaces** are safer than **small** ones.



3 Being with **household members** is safer than being with **other people**.



4 A **small** group is safer than a **large** group.



5 **Short interactions** are safer than **long** ones.

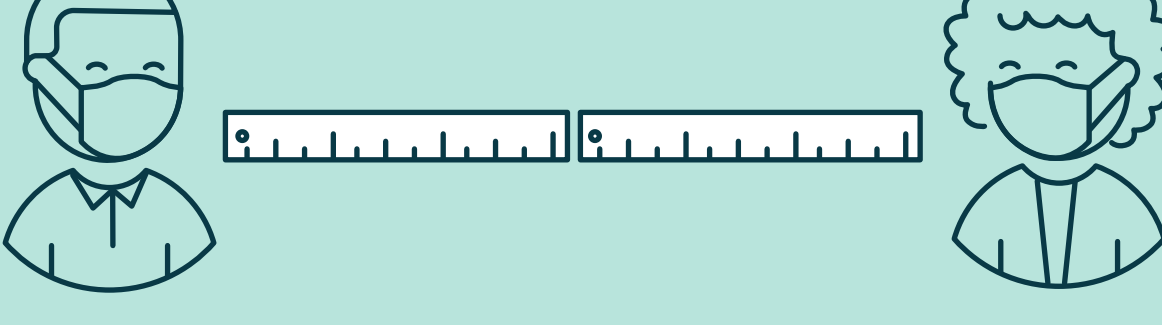


Remember, when you're away from home:

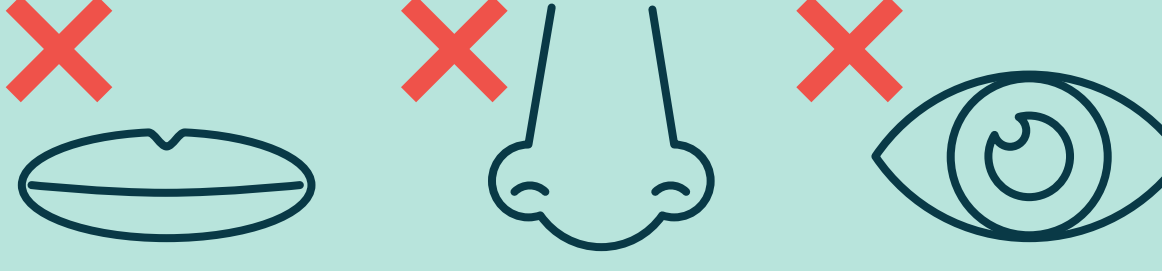
1 **Wear a face cover.**



2 **Stay at least 6 feet (2 m) away from others.**



3 **Don't touch your face.**



4 **Wash or sanitize your hands often. Wash them well when you get home.**



Comparing the risk of activities

Lowest risk:

Staying home

Alone or with household members only. No visitors. Video chats. Takeout food.

Low risk:

Enjoying the outdoors

Examples: Walking, biking, sitting in the park
Avoid face-to-face interactions and contact sports. Don't share toys or sports equipment.

More risk:

Outdoor get-togethers

Examples: Large picnic, outdoor restaurant meal, outdoor wedding
Wear a face cover except when you're eating. Don't share food, drink, or utensils.

Highest risk:

Indoor group settings

Examples: Bar, gym, indoor restaurant meal, house party
Avoid these if you can. If you can't, keep your visit short. Open windows or turn on fans. Avoid touching surfaces.